



ON TIME
Electric - Plumbing - Heat & Air
www.ontimegroup.ca

NEED A NEW FURNACE? Hi-Efficiency Furnace \$2,699 INSTALLED!

Call Now to See if this Unit is Right for Your Home
*Not applicable taxes. Furnace may not be exactly as shown. Some conditions apply.
A+ ACCREDITED BBB MEMBER HONESTY • INTEGRITY • EXCELLENCE • RESPECT

It's Time To Call...
204.774.1474

LIMITED QUANTITY!

We are a participating supplier in the Manitoba Hydro's Power Smart Program. APPLY TODAY & GET PRE-APPROVED - WE DO THE PAPERWORK

YUP, WE'LL ALL MISS KNOPE

AS PARKS AND RECREATION'S LAST SEASON BEGINS, METRO LOOKS BACK AT ALL THE THINGS WE LOVE ABOUT PAWNEE **PAGE 13**



NO RISK TRIAL PERIOD

MEDIA COORDINATOR PROGRAM

Contact us for information.

HERZING COLLEGE



OFFICIAL FAMILY GETS FESTIVE

The Sorin family from Lorette, Man., is Festival du Voyageur's official family for the 46th annual festival that runs Feb. 13 to 22. Read about what is planned for Western Canada's largest winter festival on page 2. SHANE GIBSON/METRO

Browaty eyes Smith's seat

'It's time for me to move on.' Manitoba Conservative MP Joy Smith leaving a vacancy

 **BERNICE PONTANILLA**
bernice.pontanilla@metronews.ca

Another Manitoba Conservative MP says she is not running in the next election, and a local councilor says he might want her seat.

Joy Smith, who represents the riding of Kildonan-St. Paul, said Tuesday she is retiring after holding the seat since 2004.

"It's time for me to move on," she said at her Winnipeg constituency office.

Winnipeg city Coun. Jeff Browaty, who used to work for Smith before his election in 2006, said he is considering running for the Conservative nomination.

Browaty said that while it's a "very exciting opportunity," he'll first be consulting with his wife before

deciding on whether to throw his hat in the ring.

"It's a very big change, but I'm definitely interested in the opportunity of running," he said, adding that he's a card-carrying member of the federal Conservative Party and believes Stephen Harper is the best option to lead Canada.

Browaty, who helped out during Smith's 2004 campaign, also paid tribute to Smith, thanking her for the work she did during her time in federal politics.

Smith has been an outspoken activist against human trafficking during her time in Parliament and she said that work will continue.

"Following the next election, I will continue to support the survivors of human trafficking by devoting my time to the Joy Smith Foundation."

More than 20 sitting Conservative MPs have announced they won't be running in the federal election, including Winnipeg MP Rod Bruienooge.



GRAPHIC & PRINT TECHNICIAN
DESIGN | PREPRESS | PRINTING | FINISHING

APPLY NOW FOR FEBRUARY 2015 START DATE!



VISIT MITT.ca FOR MORE INFORMATION



MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY

THE WORK SCHOOL

Winter fest offers everything – including the kitchen sink

Festival du Voyageur.

130 artists lined up, plus a new after-hours event that's 'where the party's going to be'



SHANE
GIBSON

shane.gibson@metronews.ca

Apparently being the largest winter festival in Western Canada just isn't enough for the Festival du Voyageur — this year's festival also wants to throw the world's largest kitchen party.

"If you have a house party, where do people end up? The smallest room in the house, the kitchen," explained festival executive director Ginette Lavack Walters at the event's programming launch on Tuesday.

"It's where the food is, the bar is there, everyone's sitting on the counters, instruments are pulled out and it really is traditionally something that



Festival du Voyageur executive director Ginette Lavack Walters speaks to media at the festival's programming launch held at Fort Gibraltar on Tuesday morning. SHANE GIBSON/METRO

people did.

"They have that really warm, welcoming feel —

that's what our community is,

that's who we are and that's what we want to share with

everybody."

The festival has 130 artists — including Chic Gam-

ine, Carmen Campagne and Buck 65 — lined up to play at Voyageur Park and nine other venues over the festival's run from Feb. 13 to 22.

To add to the kitchen-party feel, the festival is for the first time leaving Fort Gibraltar open after the sun goes down — for an idea they're calling Bar Gibraltar — so party-goers can listen to music, grab a drink and watch fire dancers every night until midnight.

"The fort itself will now be a venue," explained festival president Dan Leclair.

"There's going to be five different tents with bars set up within the fort's walls.... There's going to be lighting and bands.... It's where the party's going to be."

The festival also has lots planned for the younger crowd, including its winter playground, complete with snow forts, slides and horse-drawn sleigh rides.

For a full list of what's going on at this year's Festival du Voyageur and for ticket information, visit heho.ca.

Sky Zone lets you bounce away those winter blues



People jump at Sky Zone. CONTRIBUTED

It's an easy trap to fall into in Winnipeg: the snow descends, your after-dinner jogs turn into after-dinner drinks and the thought of the gym is as appealing as shovelling your driveway.

There is a solution, however, and it's called Sky Zone Indoor Trampoline Park. The building has multiple "courts" that offer dodgeball, volleyball, a foam pit and fitness classes.

"Before winter, I was run-

ning and biking outside," said Katie Fowler, a 30-year-old who's in her third week of Sky Zone fitness classes. "But when the snow came, I'm not an avid enough runner to do it in the winter outside. And just the thought of going to a gym and getting on a treadmill was boring. You can't get this from a treadmill."

The majority of their events have been kids' parties and walk-ins, but marketing man-

ager Omeid Deen said adults can get in on the fun, too.

"We've had bachelor parties with guys in white dresses jumping around," said Deen.

"And work parties are good for the dodgeball court. When else could you throw a ball at your boss?"

Before you're allowed on the trampolines, you have to sign a waiver and have staff brief you on the safety rules: no gum, no big jewelry, no socks

(other than the ones with grips that are provided) and only one person per trampoline.

If you're following along with the trainer, Deen said, you burn 1,000 calories per class.

"You're using muscles you probably haven't used since you were nine," he said.

For more information, check out Sky Zone's website at skyzone.com/winnipeg.

SAMANTHA SAMSON/FOR METRO

PORTAGE
PLACE

on
now

SIDEWALK
SALE

www.portageplace.mb.ca

PORTAGE
PLACE

on
now

Application time limits problematic: Gerbasi

'Strict rule.' Council's decision-making hurt by restriction, says veteran councillor

A veteran city councillor believes a blanket rule placing time limits on development application decisions needs flexibility.

Coun. Jenny Gerbasi, a member of the property and development committee, said during Tuesday's meeting the "strict rule" is hurting councillors' ability to make decisions.

"We've had a number of situations where we have this very strict rule and I understand the rationale for it, in not allowing community committee to stall something indefinitely," she told her fellow committee

members and city officials.

"But having said that, we have a very strict policy right now, three meetings and then a decision has to be made."

Gerbasi said the policy has impeded community committees from, for example, requiring more consultation on development projects.

"It's a real dilemma we're in when we're just squeezed to make a decision," the

councillor added.

A city official said that, on balance, the three-meeting policy "does more good" and balances "the needs of both parties."

However, the official stated the planning, property and development department would look at "an updated set of submission requirements" for applications.

BERNICE PONTANILLA / METRO



Coun. Jenny Gerbasi said councillors can feel "squeezed" to make decisions on development projects due to a three-meeting rule. BERNICE PONTANILLA / METRO

Leadership campaign. NDP promises come with steep cost: Pallister

Manitoba Opposition Leader Brian Pallister says promises being made by the three NDP leadership candidates could cost the province dearly.

Pallister says Greg Selinger, Steve Ashton and Theresa Oswald are making new spending promises on the campaign trail and musing about more deficits.

One bond rating agency has already warned the government that its credit rating could be downgraded if it continues to run deficits.

Pallister says a lower cred-

it rating would mean higher interest payments, resulting in less money available for government programs.

The NDP candidates have said there are more important things than balanced books and they've suggested that Pallister's approach would cut front-line services and jobs.

The New Democrats had promised to stop running deficits by 2016, but all three candidates have said that date may be pushed back.

THE CANADIAN PRESS

The Maples

Murder charge laid in road rage case

A man is facing second-degree murder charges in connection with a case of extreme road rage last October that saw a driver run over and kill a man in The Maples while the two apparently argued over someone's driving skills.

A 31-year-old man was rushed to hospital in critical condition the morning of Oct. 26 after police say the driver of a Silver Dodge Charger sped into him at the corner of Marbury Road and

Mapleglen. Police believe the victim had stepped out of a second vehicle, whose driver and passengers had been involved in a dispute with the driver of the suspect vehicle, possibly due to manner of driving.

The driver sped away and the victim later died in hospital.

Along with second-degree murder, Terrence Jack McKay, 24, is charged with causing death by criminal negligence, failing to stop at the scene of accident involving death, and dangerous operation of a motor vehicle causing death. METRO WINNIPEG



Winnipeg police have charged a man with second-degree murder in connection with the hit-and-run death of another man in The Maples Oct. 26. SHANE GIBSON / METRO FILES

Manitoba Hydro – your energy expert

Save up to \$12,000!
Heat with natural gas.



Some types of heating systems cost more to buy but will actually cost less to run each year. It is important to consider both the purchase price and operating costs when choosing a residential space heating system.

When comparing a natural gas high efficiency furnace to an electric furnace you could save up to \$12,000 over the life of the heating system.

The following chart compares the lifetime costs of typical residential heating equipment.
The lifetime cost = cost to buy + (yearly cost to run X life of the system).

Space heating lifetime costs

Energy rates: \$0.3080/cubic metre
and \$0.07381/kilowatt-hour.



The costs indicated in the chart are based on averages and will vary depending on your home, specific heating needs and other conditions such as whether you are building a new home or replacing existing equipment, switching energy sources, the size of the home, number of occupants, lifestyle habits, insulation levels, etc.

For more information on your home heating options, please visit our website at hydro.mb.ca/heating or call us for a brochure.

For additional advice on saving energy:

visit hydro.mb.ca or call 204-480-5900 in Winnipeg, or 1-888-624-9376 (1-888-MBHYDRO).

 **Manitoba Hydro**
POWER SMART

*Manitoba Hydro is a licensee of the Trademark and Official Mark.

Approval given to buy Parker lands

'Sustainable, transit-oriented' area planned.

David Sanders suggests keeping the land as is



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city committee has given the go-ahead to buy 12 acres of CN land located in the Parker neighbourhood.

While the use of that land has not yet been determined, the community committee motion states it's an "opportunity to create a sustainable transit-oriented neighbourhood."

However, former mayoral candidate David Sanders spoke against that use during Tuesday's property and development committee meeting.

"I don't know what a 'sustainable transit-oriented neighbourhood' is, unless the real intention is to assemble

more land for the would-be developer of the former city-owned lands to the north and east, which were swapped for land in the Fort Rouge Yards area," Sanders told the committee.

That land swap, undertaken without full appraisals of value, is one of the more than 30 city real-estate transactions which were audited and then submitted to the RCMP.

Sanders said he'd like to see the city purchase the land and then leave it as is. He also urged council to take the time to review the second-phase project before committing "any more millions of dollars to this boondoggle."

Committee chairman Coun. John Orlikow said the purchase of this land will give the city more options.

"There's so much going on (with) that land; we want to have the ability to be able to use it maybe for a roadway, maybe for the dog park, maybe for another field space," said Orlikow.

\$19.7-million question

Dogleg route no done deal

The dogleg route through the Parker lands for the second phase of rapid transit may be placed under the microscope again.

Coun. John Orlikow told reporters that he continues to be against the route.

He said council has to identify how to raise the \$19.7 million required annually to finance the \$600-million loan for the project. That means councillors will have to revisit the dogleg route and determine whether it's feasible.

"Unfortunately the previous council abdicated that responsibility ... so now we're at the last minute where we have to decide (whether to proceed)."



NEXT JACKPOT
\$30 Million
EST.

PLUS THE GUARANTEED **\$1 MILLION PRIZE DRAW**

BUY YOUR TICKET AT

**PLAY
NOW
COM**

SIGN UP FOR A
\$10 FREEPLAY*
 USE CODE: METRO
*Conditions apply.
Visit PlayNow.com for details.

Never-before-seen Group of Seven artwork unearthed and donated

Vancouver Art Gallery.
Oil sketches by J.E.H.
MacDonald literally, then
figuratively, buried



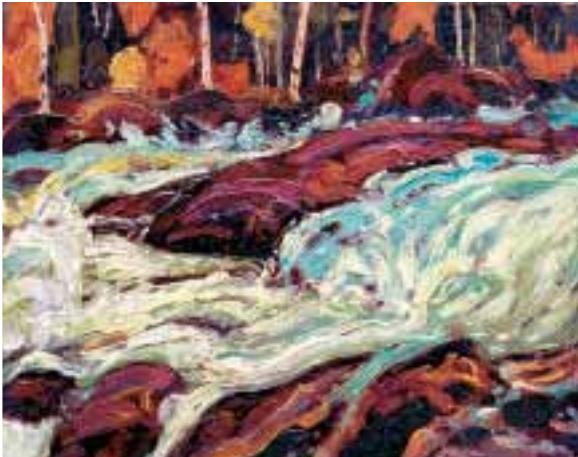
Ten rare oil sketches by a Group of Seven painter — interred in an Ontario backyard for 30 years and kept from the public for another 40 — have been donated to the Vancouver Art Gallery for all to see in fall 2015.

The collection by artist J.E.H. MacDonald (1873-1932) is the most significant historical gift the gallery has ever received, next to the Emily Carr Trust, the gallery's senior curator Ian Thom said in a statement.

The gift comes from Toronto art collectors Ephry and



An oil-on-paperboard sketch for *Mist Fantasy*, left, and an untitled oil sketch, right, both by J.E.H. MacDonald. The sketches, two of the Group of Seven pieces donated to the Vancouver Art Gallery by Ephry and Melvin Merkur, were buried for 30 years and kept private for another 40. COURTESY VANCOUVER ART GALLERY



Melvin Merkur, who discovered the paintings in pristine condition when their mother passed away in 2012.

MacDonald's artwork came

to be in their family's possession due to their late father's friendship with the artist's son Thoreau.

Apparently, in the 1930s,

MacDonald and his son decided to bury the sketches in the backyard of their home in Thornhill, north of Toronto. The sketches, dating from

1910 to 1922, were wrapped in layers of cellophane and tar paper and placed inside boxes to preserve them and keep them safe.

No one knew the artwork existed until Thoreau told his friend, Max Merkur, more than 30 years later. Merkur, a Toronto art collector and highrise developer, bought the paintings in 1974, unearthed them and kept them in the family for 40 years, never revealing them to the public.

But Ephry Merkur discovered the sketches and enlisted the Vancouver Art Gallery's senior curator to authenticate them.

"My brother, Mel, and I are thrilled that these fabulous works of art will be displayed for the public to enjoy," he said in a statement. "My dad and mom, who spent a lifetime expanding their collection of Canadian art, surely would be delighted, as well."

The Group of Seven was made up of some of Canada's most famous painters, known for depicting the country's harsh but beautiful landscapes.

HELD OVER TIL JAN. 19

**NO ENROLLMENT
and
JANUARY FREE**



*Based on a 1 year membership. Must present coupon. See club for details.
EXPIRES JANUARY 19, 2015

**WOMEN'S
ONLY**

**SHAPES®
Women's Fitness Centres**

**24
HOURS**

**SHAPES®
Co-Ed Fitness Centres**

**CONVENIENTLY LOCATED
THROUGHOUT WINNIPEG!**

www.shapes.ca



Cairo. Baird's visit may decide journalist's fate

The fate of imprisoned Egyptian-Canadian journalist Mohamed Fahmy could be decided on Thursday when Foreign Affairs Minister John Baird arrives in Cairo.

That's the day Baird meets with Egyptian Foreign Minister Sameh Shoukry after travelling to the tourist city of Luxor on Wednesday to meet with young Egyptians to discuss the country's future.

A Foreign Affairs news release doesn't mention Fahmy by name, but says Baird will raise "important consular issues" with his Egyptian counterpart in Cairo on Thursday.

Earlier this month, an Egyptian court ordered a retrial for Fahmy and his colleagues, Australian correspondent Peter Greste and Egyptian producer Baher Mohamed, but a date has not been set.

Baird has previously said

Deportation under way

Mohamed Fahmy's family said they expect him to be deported before a new trial takes place.

- Fahmy's fiancée Marwa Omara told The Canadian Press in an email from Cairo that the paperwork for his deportation was underway, and that a visit by Baird could expedite the process.

Canada has been working hard behind the scenes to win the release of the Al-Jazeera journalist, who is now in his 13th month in captivity. Baird has met twice recently with his Egyptian counterpart — most recently in Bahrain — to push for the release of the 40-year-old Fahmy. **THE CANADIAN PRESS**

Iraq mission. CF-18s increase attacks on ISIL

Canadian fighter jets flying over Iraq have stepped up the pace of their attacks on Islamic State of Iraq and the Levant (ISIL) extremists, dropping bombs for five straight days.

Details are sometimes vague about what was hit, but since combat operations started in late October, CF-18 fighters have dropped munitions 22 times and eight of those missions have happened since New Year's Day. And in one five-day stretch ending Jan. 12, CF-18s dropped precision-guided munitions against ISIL targets six times.

The Conservative government dispatched Royal Canadian Air Force aircraft to join the multinational bombing campaign in October. Supported by some 600 military

personnel, the fighters are flying from an airbase in Kuwait on missions over Iraq.

Among their recent bombing runs:

- Jan. 11 and 12:** CF-18s strike ISIL fighting positions near Bayji.
- Jan. 10:** two CF-18s bomb ISIL staging and storage facilities south of Haditha.
- Jan. 9:** Two CF-18s supporting ground operations by Iraqi security forces near Ramadi, west of Baghdad, target an ISIL truck carrying an armoured personnel carrier. Later that day, two fighters strike ISIL positions north of Bayji.
- Jan. 8:** Two CF-18s supporting ground operations successfully struck an ISIL position near Haditha.

TORSTAR NEWS SERVICE

Ottawa

U of O and its president face suit

The University of Ottawa and its president, Allan Rock, face a class-action lawsuit over the suspension of the school's men's hockey team in connection with a sexual assault investigation. The legal proceeding was launched Tuesday in Ontario's Superior Court of Justice. Two students on the team were charged last summer with sexual assault. The two are not part of the lawsuit. **THE CANADIAN PRESS**

Report

Alberta premier calls recession projection flawed

Alberta's premier says he does not agree with a Conference Board of Canada suggestion that Alberta is likely to face a recession due to plunging prices of oil. Jim Prentice calls the conference board report an outlier based on analysis that is not particularly convincing. Prentice says the board's report conflicts with other projections. **THE CANADIAN PRESS**



The day of the flag draws near

With Feb. 15, the 50th birthday of Canada's beloved Maple Leaf flag, approaching, some are wondering why there has been so little fanfare from the federal government. The party planning appears to pale in comparison to a multimillion-dollar effort to mark Canada's 150th birthday in 2017, and the \$5.2 million that was spent to mark the bicentennial of the War of 1812. The founder of the Canada Flag Holiday Campaign wrote to Prime Minister Stephen Harper this week to express his disappointment in the government's lack of plans to celebrate the flag, the brainchild of former Liberal prime minister Lester B. Pearson, which was adopted in 1965.

DARRYL DYCK/THE CANADIAN PRESS

Major security changes for Hill were rejected: Sources

Shelved over a year ago. Proposals included having a unified security force on Parliament Hill

At least two separate proposals urging major changes to Parliament Hill security were prepared and shelved more than a year before the Oct. 22 attack on Parliament Hill, Torstar News Service has learned.

At the request of former public-safety minister Vic Toews, the RCMP worked on a proposal for a single security force.

The idea of a single force is akin to the U.S. Capitol Police, a federal law-enforcement agency that protects the American Congress. Some advocates believe such a force would offer both cost savings and tighter

security. There does not, however, appear to be any appetite internally or externally for that force to be the Mounties.

But for reasons that are not clear, according to multiple sources who spoke to Torstar on condition they not be named, the proposal did not advance and was rejected in 2013, after Toews was replaced by Steven Blaney, the current minister.

An advisory group of senior Commons and Senate members that was struck after the Oct. 22 attack is working to come up with recommendations for overhauling security on the Hill — with one eye

on exactly that: a single force that could look more like the one that patrols Capitol Hill in Washington.

The joint working group expects to report by mid-spring on a plan to reinforce physical

safety at Parliament Hill.

Sources say that a small group of senators drafted a response to the federal auditor general's report of June 2012, which agreed with the audit and urged the two parliamentary services be unified under a single point of command.

However, it appears the suggestion foundered long ago over disputes about whether the Commons and Senate authorities would have equal say in its management.

The joint working group has already adopted new measures towards unifying the two security services.

Two sources also said the Conservative government was considering a dramatic suggestion to turn Wellington Street in front of the Parliament Buildings into a pedestrian mall and re-route traffic, as was done in

Advisory group

Torstar has learned that other recommendations of the security advisory group include:

- Pushing the physical screening of public visitors onto the exterior of the parliamentary lawn and away from Centre Block.
- The closure of two public points of access onto the Hill leaving just three main entrances where gate checks could be conducted.
- Mandatory firearms training for all guards.

1995 with Washington's Pennsylvania Avenue.

TORSTAR NEWS SERVICE

Arrested terror suspects were on police watch list

The three suspects arrested in a five-day terrorism sweep were among the roughly 90 names on the RCMP's national security watch list, Torstar News Service has confirmed.

Law enforcement sources expect more terrorism-related arrests in the coming weeks, as the world's attention remains focused on last week's attacks in Paris.

Twin brothers Carlos and Ashton Larmond, 24, and Suliman Mohamed, 21, were

among the 90 individuals connected to around 63 active terrorism probes by domestic security agencies. The three men were arrested and charged with a number of terrorism related offences, including participating in the activities of a terror group.

One of the brothers, Carlos, was arrested at Pierre Elliot Trudeau airport in Montreal on Friday. Police expect evidence to show he held an airline ticket to Delhi, India via Frankfurt,

Germany, and was intending to travel to Syria to fight for a terrorist cause. His brother Ashton was arrested the same day at a ski hill northeast of Gatineau, Que.

A law enforcement source, speaking on the condition of anonymity, said police believe all three men would have liked to have travelled abroad had they been able to.

Little is known about the case against the three men, and the charges have yet to be

tested in court. What is known is that police believe Mohamed conspired with the two brothers to commit terrorist acts.

Police do not believe the three were radicalized in local mosques, and did not consider them to be immediate threats in the Ottawa area.

However CSIS and the RCMP have said suspects sometimes become greater threats at home after their plans to travel abroad are foiled. **TORSTAR NEWS SERVICE**

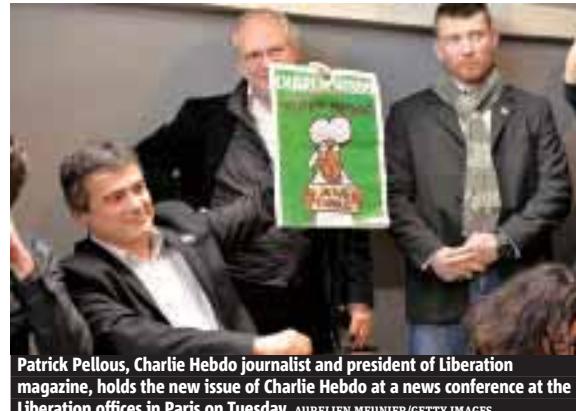
Muhammad weeps on Charlie Hebdo's cover

Defiant front. Shows prophet holding a sign with words 'All is forgiven' above him

Charlie Hebdo released a new version of its irreverent and often offensive newspaper Tuesday, defiantly putting a caricature of the Prophet Muhammad on the cover that drew immediate criticism and threats of more violence.

The newspaper also skewered other religions, and ran a double-page spread illustrating Sunday's march in Paris that drew more than a million people to condemn terrorism, claiming that the turnout was larger "than for Mass."

"For the past week, Charlie, an atheist newspaper, has achieved more miracles than



Patrick Pellous, Charlie Hebdo journalist and president of Liberation magazine, holds the new issue of Charlie Hebdo at a news conference at the Liberation offices in Paris on Tuesday. AURELIEN MEUNIER/GETTY IMAGES

all the saints and prophets combined," it said in the lead editorial. "The one we are most proud of is that you have in your hands the newspaper that we always made."

Charlie Hebdo planned an

unprecedented print run of three million copies Wednesday — one week to the day after the assault by two masked gunmen that killed 12 people, including much of its editorial staff and two police officers.

It was the beginning of three days of terror that saw 17 people killed before the three Islamic extremist attackers were gunned down by security forces.

Surviving staff members are now using the offices of the Liberation newspaper, which has lent out space.

The latest cover shows a weeping Muhammad, holding a sign reading "I am Charlie" with the words "All is forgiven" above him. Renald Luzier, the cartoonist who drew the cover image under the pen name "Luz" said it represents "just a little guy who's crying."

Then he added, unapologetically: "Yes, it is Muhammad."

Speaking at a news conference in Paris on Tuesday at which he repeatedly broke down crying, Luzier described weeping after he drew the picture. THE ASSOCIATED PRESS

Anti-terrorism

PM asks for tougher measures

France's prime minister demanded tougher anti-terrorism measures Tuesday after deadly attacks that some call the French Sept. 11 — and that may already be leading to a crackdown on liberties in exchange for greater security. Police told The Associated Press that the weapons used came from abroad, as authorities in several countries searched for possible accomplices and the sources of financing for last week's attacks.

German political and religious leaders appealed for tolerance Tuesday in the wake of the Paris terror attacks, a message meant to counter both religious extremists and growing anti-Islam protests in Germany.

Chancellor Angela Merkel and President Joachim Gauck were among those who took part in the rally organized by Muslim groups near Berlin's iconic Brandenburg Gate and the French embassy, where wreaths were laid for the 17 people killed by Islamic extremists in Paris last week.

A group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, has been staging anti-Islam protests in the eastern city of Dresden for the last three months. Its latest protest Monday drew a record 25,000 supporters, with speakers citing the Paris attacks as proof of the danger posed by Islam.

THE ASSOCIATED PRESS

Nigeria's conflict with Islamic militants grinds on



Children stand near the scene of an explosion in a mobile phone market in Potiskum, Nigeria, Monday. Two female suicide bombers targeted the busy marketplace on Sunday. ADAMU ADAMU/THE ASSOCIATED PRESS

Nigeria's president was among leaders who condemned last week's attack by Islamic extremists on the French satirical weekly Charlie Hebdo, yet his response to the slaughter of civilians by militants in his own country has been muted.

Some commentators criticized President Goodluck Jonathan's reticence about the violence in Nigeria's Baga town, and the lack of a broader international outcry on par with the reaction to the attacks in France. The slogan "I am Baga" — a play on "I am Charlie," the

expression of solidarity with the targeted French weekly — is now circulating on social media.

The global sympathy and the defiant rally in Paris that drew foreign leaders after the assaults that killed 17 people overshadowed the killing of hundreds and perhaps as many as 2,000 people in Baga, a north-eastern town near Chad.

Jonathan, who has been touting his domestic record ahead of a re-election bid next month, was quick to express solidarity with France.

He did not release a similarly forceful statement about Baga. The attack there started on Jan. 3 and was another bloody marker in a murky, grinding conflict in which information is often scarce, the insurgency is seen by many as a local problem and violence is routine.

The United Nations, the United States and other countries have condemned the violence by Islamic extremist group Boko Haram, and international aid groups are mobilizing to help survivors.

THE ASSOCIATED PRESS

Baga killings

Survivors of the Baga killings described the horrors they witnessed but independent reporting from the scene is virtually impossible for now because the town remains under Boko Haram control. The Nigerian military said 150 people were confirmed dead, but other estimates put the toll at several hundred and as high as 2,000.



RED RIVER COLLEGE

Open House

Tuesday, February 17, 2015
12pm - 3pm | 5pm - 8pm

Wednesday, February 18, 2015
9am - 2pm

Notre Dame Campus | Exchange District Campus | Stevenson Campus

OUR GRADS GET HIRED

rrc.ca/openhouse

Free-climbers near El Capitan summit

Yosemite National Park. The granite facing of El Capitan's Dawn Wall inside the park is considered the world's most difficult rock climb

Two climbers are almost to the top, in their bid to become the first in the world to use only their hands and feet to scale a sheer granite face in California's Yosemite National Park.

A spokeswoman said Tuesday that 30-year-old Kevin Jorgeson and 36-year-old Tommy Caldwell will likely finish the climb up El Capitan's Dawn Wall on Wednesday evening.

For 17 days, the two have been attempting what many thought impossible. The men are "free-climbing" to the 914-metre summit. This means they don't use climbing aids, other than ropes to



In this Jan. 9, 2015, photo provided by Tom Evans, Kevin Jorgeson climbs on what is known as pitch 15 during what has been called the hardest rock climb in the world: a free climb of El Capitan, the largest monolith of granite on Earth. TOM EVANS, ELCAPREPORT/THE ASSOCIATED PRESS

prevent deadly falls.

Each trained for more than five years, and they have battled bloodied fingers and unseasonably warm weather.

Jorgeson fell 11 times over seven days trying to get past one tough section. He took to Facebook on Sunday to publicly celebrate his victory.

"It took everything in my

power to stay positive and resolved that I would succeed," he wrote of his continued attempts to get past the grueling section.

The climb began on Dec. 27 and was expected to take two weeks. If the men finish Wednesday, they will have been on the wall closer to three weeks.

THE ASSOCIATED PRESS

No purchase necessary. Contest entry open 12:01 am January 14, 2015 until 11:59 pm January 19, 2015 to legal residents of Canada (excl. QC) of age of majority in their prov. or residence as of entry. Prizes avail.: 30 double passes for a screening of "MORTDECAI" awarded in each of Toronto, Vancouver, Calgary, Edmonton, Ottawa, Winnipeg and Halifax. ARV \$75/p. pass. Odds depend on number of eligible entries rec'd. Internet, email address, math skill test req'd. Rules and entry: www.clubmetro.com.

You could
WIN
an advance
screening
pass
for two
to see
MORTDECAI
starring
Johnny
Depp
January
22!

Visit
clubmetro.com
to enter



India

Bad batch of liquor kills at least 28

A bad batch of bootleg liquor killed at least 28 people and sent 160 others to hospitals in the north Indian state of Uttar Pradesh, officials said Tuesday.

Many of the victims had gathered to watch a cricket match Sunday evening in a village about 30 kilometres southwest of the state capital, Lucknow, government official Anil Garg said. By midday Tuesday, 28 people had died.

THE ASSOCIATED PRESS

Mozambique

Contaminated beer claims three more lives

Three more people have died from drinking contaminated beer, bringing the number of fatalities to 72, as the number hospitalized fell by more than 150, health authorities in Mozambique said Tuesday.

THE ASSOCIATED PRESS



Chimp gets frozen treats

A chimpanzee named Paulinho holds two popsicles at the city zoo, in Rio de Janeiro, Brazil, on Tuesday. Zoo animals were given frozen snacks made from tropical fruits, chunks of meat and frozen yogurt to help ease the intense summer heat. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Appeals Court ruling paves way for Mubarak's release

Egyptian authorities have exhausted all legal grounds to keep deposed President Hosni Mubarak in detention after an appeals court on Tuesday ordered his retrial in a corruption case, officials said.

The corruption case was the only one still keeping the 86-year-old Mubarak behind bars. The autocratic former president has already been cleared over the killings of protesters during Egypt's 2011 uprising that toppled him.

Tuesday's ruling by the Appeals Court — a top tribunal based in Cairo — overturned a verdict last May that sentenced Mubarak to three years' imprisonment and his two sons, Alaa and Gamal, to four years in prison each. Four other defendants in the case were acquitted. Mubarak's lawyers had appealed that verdict.

Though the ruling paved the way for Mubarak's imminent release, there was no explicit statement from the authorities that he would

leave as a free man from the Cairo hospital where he has been held. There were also conflicting statements by officials on whether the release would actually take place.

Since his detention in April 2011, Mubarak has spent most of his time in custody in a military hospital in the Cairo suburb of Maadi.

According to two senior security officials, Mubarak, even if released, would remain in the same hospital for security reasons.

THE ASSOCIATED PRESS

Rebel head to be tried at ICC

Uganda's military said Tuesday the Lord's Resistance Army rebel commander who surrendered to American troops last week will be taken to The Hague for trial.

Dominic Ongwen is now in U.S. custody in Obo, a town in eastern Central African Republic, the country where he surrendered on Jan. 6, Uganda army spokesman Lt. Col. Paddy Ankunda said.

"Finally it has been decided. Dominic Ongwen will be

tried at the ICC in The Hague," Ankunda tweeted. The United Nations, African Union, Uganda and United States consulted on the decision to try him at the International Criminal Court in The Hague, Netherlands.

Although Uganda wanted to try him himself, the U.S. has concerns about how Ongwen would be treated there and whether high standards of detention and prosecution would be upheld.

The LRA, led by Joseph Kony, began in Uganda in the 1980s as a tribal uprising.

Ongwen, Kony and three others who have reportedly since died were charged by the ICC. The court's warrant of arrest for Ongwen lists seven counts of alleged individual criminal responsibility including crimes against humanity, enslavement, murder and inhumane acts of inflicting serious bodily injury.

THE ASSOCIATED PRESS

Deposit on homes a phone tap away

Real estate purchases.
New service called ExactDeposit expected to be rolled out in the spring, in brokerages across the country

In an age where most purchases can be paid with a tap from a credit card or smartphone, the process of paying a deposit on a new home is still tied to old-fashioned paper — bank drafts and cheques — and tight delivery deadlines.

But the process that often involves homeowners making multiple bank visits, skipping

work and racing to the realtor's office before closing time could soon be entering a new era. Starting in February, Royal LePage Atlantic will be one of several Halifax-area brokerages that will allow homebuyers to pay their deposits via mobile devices.

Halifax-based realtor Chris Ryan co-founded ExactDeposit with his friend Kevin Kline.

A secure and mobile-friendly website allows homebuyers to pay their deposits using credit cards, a smartphone, tablet or computer. Realtors will pay less than \$10 a month for unlimited usage, while homebuyers will be charged 2.9 per cent of their transaction. **THE CANADIAN PRESS**

2015 top tech trend *Deloitte picks mobile payment*

More Canadians will be reaching for their cellphones to pay for purchases this year, predicts global professional services firm Deloitte.

A report, released Tuesday, sees 2015 as a "tipping point" for retailers, banks and telecom companies to adopt the technology, which allows consumers to pay with their smartphones.

THE CANADIAN PRESS

Market Minute

DOLLAR
83.65¢ (+ 0.09¢)

TSX
14,187.16 (- 77.85)

OIL
\$45.89 US (- 18¢)

GOLD
\$1,234.40 US (+ \$1.60)

Natural gas: \$ 2,943 (+14.8¢)
Dow Jones: 17,613.68 (-27.16)

Oil prices fallout

Suncor Energy cutting 1,000 jobs

Suncor Energy is reducing its workforce by 1,000 and cutting \$1 billion from its capital budget in response to falling crude oil prices.

The Calgary-based oilsands giant says the job cuts will mainly affect contractors, but include some employee positions.

Projects that haven't yet been given a final go-ahead are being deferred, such as expansions to the MacKay River steam-driven oilsands

project and the White Rose development off the east coast. But major projects under construction such as the Fort Hills mine and the Hebron field in offshore Newfoundland are moving ahead as planned.

On Monday, Canadian Natural Resources Ltd. announced it would slash its 2015 budget by 28 per cent. One of its oilsands projects called Kirby North is being deferred, and drilling activity in Western Canada is going to be slowed substantially. **THE CANADIAN PRESS**



Alleged Silk Road kingpin on trial in N.Y.C.

Supporters of Ross Ulbricht, the alleged creator and operator of the Silk Road underground market, stand in front of a courthouse in New York City Tuesday on the first day of jury selection for his trial. The San Francisco man is charged with running an online black market where drugs were sold as easily as books and electronics. Prosecutors have been allowed to introduce evidence about six alleged murder plots. The government maintains that Ulbricht attempted to protect his operation by asking others to kill those who posed a threat to his business. **SPENCER PLATT/GETTY IMAGES**

Punctuality. AirTran goes out in style

AirTran Airways tops all U.S. airlines in the latest rankings for on-time arrivals, knocking off perennial winner Hawaiian Airlines.

The bad news for passengers who love punctuality: You can't fly on AirTran anymore. The low-fare carrier flew its last flight on Dec.

28 and has been folded into Southwest Airlines, which bought AirTran in 2011.

AirTran posted a 90.4 per cent rating, and Hawaiian was second at 89.4 per cent.

Envoy Air finished last with an on-time rating of 69.3 per cent. Envoy operates many American Eagle

regional flights for American Airlines.

The U.S. Department of Transportation said Tuesday that 80.6 per cent of domestic flights on the 14 biggest airlines arrived within 14 minutes of schedule in November.

THE ASSOCIATED PRESS

SEE NOW PAY IN 2016[†]
\$0/\$0/0%
down payments interest

LASIK MD
VISION

Starting at \$490 per eye*

Book a free consultation at
1-855-894-2020 or lasikmd.com

[†]Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2016. Cannot be combined with any other offer or discount. *Prices are subject to change without notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

VOICES

FALL IN LOVE RIGHT NOW

Try a little social experiment. Turn to the person sitting beside you on the train or bus and go through the 36-point exercise printed below. It could make you fall in love.

It apparently worked for Mandy Len Catron, a University of British Columbia writing teacher, who fell in love with a man after going through this very exercise and staring into his eyes for exactly four minutes.

The experiment was created more than 20 years ago by psychologist Arthur Aron, who says he successfully got strangers to fall in love by having them ask and answer a series of questions that gradually become more and more intimate. Len Catron recently wrote about her experience in the New York Times, detailing how she and an acquaintance recreated the experiment at a bar one night, and two hours later, were in love. Skeptical? Give these a try!

1. Given the choice of anyone in the world, whom would you want as a dinner guest?

2. Would you like to be famous? In what way?

3. Before making a telephone call, do you ever rehearse what you are going to say? Why?

4. What would constitute a "perfect" day for you?

5. When did you last sing to yourself? To someone else?

6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?

7. Do you have a secret hunch about how you will die?

8. Name three things you and your partner appear to have in common.

9. For what in your life do you feel most grateful?

10. If you could change anything about the way



Grab a random stranger and start asking questions: It just might lead to love. iSTOCK

you were raised, what would it be?

11. Take four minutes and tell your partner your life story in as much detail as possible.

12. If you could wake up tomorrow having gained any one quality or ability, what would it be?

13. If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?

14. Is there something that you've dreamt of doing for a long time? Why haven't you done it?

15. What is the greatest accomplishment of your life?

16. What do you value most in a friendship?

17. What is your most treasured memory?

18. What is your most terrible memory?

19. If you knew that in one year you would die suddenly, would you change anything about the

way you are now living? Why?

20. What does friendship mean to you?

21. What roles do love and affection play in your life?

22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.

23. How close and warm is your family? Do you feel your childhood was happier than most other people's?

24. How do you feel about your relationship with your mother?

25. Make three true "we" statements each. For instance, "We are both in this room feeling ..."

26. Complete this sentence: "I wish I had someone with whom I could share ..."

27. If you were going to become a close friend with your partner, please share what would be import-

ant for him or her to know.

28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.

29. Share with your partner an embarrassing moment in your life.

30. When did you last cry in front of another person? By yourself?

31. Tell your partner something that you like about them already.

32. What, if anything, is too serious to be joked about?

33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?

34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?

35. Of all the people in your family, whose death would you find most disturbing? Why?

36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Don't forget to stare at each other for four minutes after

Et voilà! You should be deciding on the names of your children right about now. METRO

SO ... DID IT WORK?

Let us know at readers@metronews.ca

I broke my back sledding a decade ago, and I'm still suffering



DYLAN REARDON
readers@metronews.ca

I've watched the debate about whether cities should ban tobogganing with some interest. Sledding can be dangerous, and I think municipalities should have some control over where it happens. I should know. I broke my back a decade ago while sledding at Confederation Park in Calgary, and my life has been altered by that event.

On Boxing Day of 2003, my brother and I decided to go sledding. I hadn't been tobogganing in a decade and the weather was fantastic: Sunny, blue skies, mild temperature — there may have been Chinook that day.

Upon arriving at the hill, there were ominous signs that amused me at the time: a broken GT Snow Racer ski, pieces of shattered crazy carpets,

lost gloves, helmets, etc. Years later and after the fact, I like to refer to the scene as a toboggan graveyard. My brother went down the hill first on a large plastic disk. The snow was compact, presumably from thrill seekers leading up to that day, and because the weather was quite warm, the snow had melted and re-frozen a few times. As a result, he went like a bat out of hell as I watched anxiously.

It was my turn. I didn't even have a chance to put my legs back onto the toboggan before I was completely out of control. My journey down the hill seemed like minutes, and the whole time I was using my legs as breaks to try and slow my speed. And then, BAM! It was a feeling I have trouble describing. A feeling I cannot forget. My entire body felt like it was broken in half. All I felt was pain. It was fierce and relentless, and I've never felt anything like it since.

When I arrived at the hospital, they tied me down to a table for two weeks, before placing me in a body cast for six months. I had suffered a burst-compression fracture of my L1 vertebra.

While in hospital, I was told that tobogganing accidents are incredibly common, and one of the reasons for this is that the human derriere isn't built to absorb the extreme forces that come from tobogganing. Unlike, say, the knees when you're skiing.

Since the accident I've suffered from chronic pain and an inability to sit down or sleep for any length of time. I can walk, but in a very limited sense: typically no more than a few hundred metres before back pain gets too intense. When this happens, my legs also become weak.

The medications to deal with this are brutal, in that they make me incredibly tired and zombie-like. Since the break I've been losing more

and more feeling in my legs. About 40 per cent total loss right now. The reason for this is because over-compensation has led to increased degeneration of my spine directly above where I broke my back.

Like every sport or activity, tobogganing carries risks and dangers. My accident was a freak accident. I could have broken my neck on the boards playing hockey. I could have been hit in the head with a golf ball while on the back nine.

I do not agree with an outright ban, and limiting times and conditions seems like ridiculous government overreach. However, designating safe places to toboggan seems like a prudent course of action. There are inherent risks in any activity, but we can try to minimize those risks.

Dylan Reardon is a Calgary-based student and writer. He runs the satirical news website *Urban Anomie*.

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



Leonardo DiCaprio GETTY IMAGES



Rihanna
GETTY IMAGES

Leo and RiRi play the flirting game

Leonardo DiCaprio and Rihanna were spotted living it up together at a recent Playboy Mansion party, which admittedly sounds like a game of Hollywood gossip Mad Libs. But when it comes to how intimate they were getting, we're left with a different game all together: duelling anonymous sources.

One such source claims that DiCaprio and Rihanna were be-

ing incredibly flirty, going so far as locking lips at the soiree.

But another? "No one was making out. They are just friends. That's it," the second source tells E! News. "There was a big group dancing. Tom Hardy, Naomi Campbell and a bunch of other people. Everyone was having a good time together. Maybe a little bit of friendly flirting, but no scandal here."

Oh, you're no fun.

Well, that's creepy! Jen on Billy Bob's to-do list

Everyone has goals, dreams, items on their bucket list, things they really want to do. For a newly minted Golden Globe winner, that includes Jennifer Aniston.



Billy Bob Thornton, Jennifer Aniston GETTY IMAGES

Billy Bob Thornton did a bit of an overshare backstage at the Globes when Access Hollywood challenged him to a game of Would You Rather, pitting celebrities against each other to vie for the Fargo star's amorous attention. Asked to choose between Reese Witherspoon and Aniston, Thornton quickly replied, "Jennifer Aniston, lifelong goal. That's all I'm saying." A simple yes or no would have sufficed.

He even doubled down when presented with a choice between Aniston and Keira Knightley, saying, "Jennifer Aniston. How

many times does it take you to get this through your head?"

The creepiness of his fixation aside, he at least gets high comedy marks for his response to the options of Bill Murray and Christopher Waltz: "I don't even know what the second one is, so Bill Murray." The second one, Mr. Thornton, is someone who has more Oscars than you. Just so you know.



Yeah, it's true. Katy Perry's back with John Mayer and her friends are alarmed

So those rumours about Katy Perry and John Mayer being back together? They've got legs. In fact: "Katy and John are back together," a source tells Radar Online. And the reunion flies in the face of her pals' stern disapproval.

"Although her friends have warned her to be careful, she is already ignoring all of the red flags," the source explains. "She is not listening to anyone and is going into this full force."

Oh no! Not full force! There aren't any more intense forces than that!

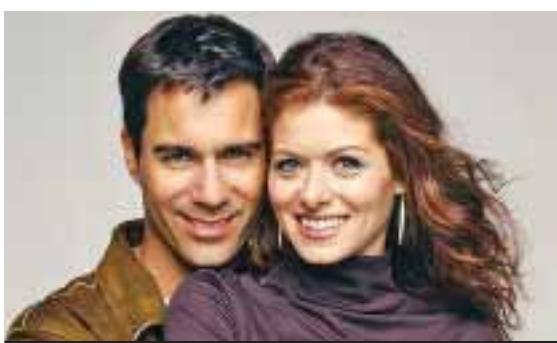


Katy Perry GETTY IMAGES

Will & Grace reunion yet another of life's mysteries

This kind of feels like nostalgia ransom. Say you really, really want to see a reunion between Will & Grace stars Debra Messing and Eric McCormack. Sounds great, right? But are you so eager for it that you'll sit through an episode of *Mysteries of Laura* to see it? That's the gamble NBC is reportedly making, as the network has revealed that McCormack will be guest-starring on

Messing's beleaguered, poorly reviewed new series as a "roguish, arrogant-as-can-be heart surgeon" and former fiancé of Messing's title character. Oh, and he's a murder suspect. Having tried to watch a few episodes of *Mysteries of Laura*, I'm wondering if maybe we should just go ahead and continue living in a world without a Will & Grace reunion.



Will & Grace CONTRIBUTED

And baby makes twee... Zooey expecting first child

The nice thing about all these celebrities having lifestyle websites is that they can handle all their big life announcements themselves.

Much like Blake Lively did last October on *Preserve*, New Girl star Zooey Deschanel has used Hello Giggles to reveal that she is pregnant. Deschanel and boyfriend Jacob Pechenik are expecting their first child together this summer.

"Jacob and I are over the moon. We are so excited to meet our little one," Deschanel says in a statement.



Zooey Deschanel GETTY IMAGES
As of press time, there was no word on how chunky the baby's bangs would eventually be.

2
SCENE



Scott Foley CONTRIBUTED

Scott Foley knows just how to dispose of a body

Q&A. Don't worry, Scandal actor says it was only for research for his new movie, Let's Kill Ward's Wife

 **NED EHRBAR**
Metro in Hollywood

Scott Foley knows you're not the biggest fan of his character on Scandal, so he wasn't all that concerned with turning viewers off by playing the character who does the deed in Let's Kill Ward's Wife, a dark comedy he also wrote and directed. Just be careful how much you criticize him, since he's exceptionally well-versed in how to dispose of human bodies now.

I'm always a fan of darker humour, but it can be risky.

We knew going into this that there were going to be a lot of people who don't feel that way with this.

How do you prepare yourself for those kinds of reactions?

I'm sort of used to it at this point. I knew going into this that you can please all of the people some of the time and some of the people all the time, right? But you can't please all of the people all the time. There's something liberating about that. You like it? You don't? OK. I'm happy with the film that I made, and if you get it, I think you're going to enjoy it. And if you don't, it's not for you.

I've heard the secret is to just figure out what you want to see and make that.

Mmmhmm, yeah. And you hope at some point, someone out there is like, "Hey, I kind

of like what he likes, too!" Or else you stop making films.

It's interesting that you can find so much sympathy for a character that up and decides to kill his best friend's wife.

That was a challenge, especially now with the NFL and all this talk of domestic violence, it's just the wrong time. But the great thing is we sort of reversed the roles. The domestic abuse is being perpetrated on the gentleman this time instead of the woman in the relationship, and how his friends decide to take things into their own hands — whether it be accidental or on purpose — is a different story. But it was a hard balance between the gruesome and the heavy stuff and trying to find moments of levity.

And I'm assuming you picked up some interest-

ing new skill sets while researching this script.

I probably spent about two days on the Internet going to these deep, dark websites that maybe me and one other weird guy had ever gone to and learning all the ways to dismember a body, to decompose a body, to get rid of a body — how to do it so the dogs don't smell the scent. One of the things that I found that I didn't use in the film is that if you put a body in a bag with kitty litter, it'll turn into jelly in a month. So f—ed up, true. I'm surprised no one knocked on my door going, "Hey, what are you doing, Mr. Foley?"

It does still seem like an odd thing to become an expert in.

Yeah, but you've got to specialize. You've got to focus. And if that's your thing, that's your thing.

Netflix

House of Cards is back Feb. 27

Netflix has released the trailer for the political drama's coming season.

Between the harrowing soundtrack, rapid succession of images and serious expressions on the characters' faces, the trailer suggests the next season of House of Cards will be more intense and chaotic than ever.

"You wanna know what takes real courage? Holding it all together when the stakes are this high," insists President Frank Underwood (Kevin Spacey) in a strict, perhaps even threatening tone.

First Lady Claire Underwood (Robin Wright) concludes the trailer with the line "We're murderers, Francis." One wonders whether she is reminding her husband of events in the past or referring to incidents to come in this new season.

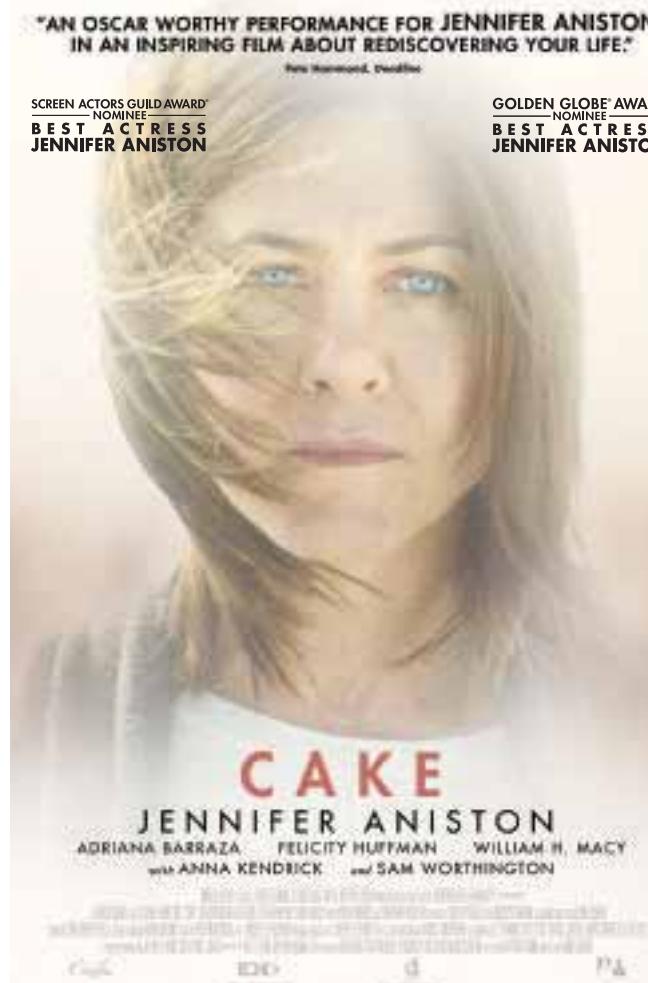
The third season of House of Cards received a welcome boost Sunday, when Kevin Spacey won the Golden Globe for best actor in a drama for his performance in the previous season. AFP

"AN OSCAR WORTHY PERFORMANCE FOR JENNIFER ANISTON IN AN INSPIRING FILM ABOUT REDISCOVERING YOUR LIFE."

Pete Hammond, Deadline

SCREEN ACTORS GUILD AWARD NOMINEE
BEST ACTRESS JENNIFER ANISTON

GOLDEN GLOBE AWARD NOMINEE
BEST ACTRESS JENNIFER ANISTON



CAKE
JENNIFER ANISTON
ADRIANA BARRAZO FELICITY HUFFMAN WILLIAM H. MACY
with ANNA KENDRICK and SAM WORHINGTON

in theatres January 23rd

You could
WIN
an advance screening pass for two to see
CAKE on January 21st!

Visit clubmetro.com to enter



in theatres January 23rd

Cult TV. Twin Peaks revival includes return of Kyle MacLachlan

The American actor will reprise his role as Agent Dale Cooper in new episodes of Twin Peaks, the cult detective series presented by David Lynch and Mark Frost in 1990. Showtime will air this new season in 2016, 25 years after the last episode aired on ABC.

Confirmed by Lynch himself last October, the Twin Peaks revival will be a miniseries with nine episodes, all written by the filmmaker in collaboration with Frost, who co-developed the original series.

A quarter century after the high school student Laura Palmer was found dead by a lake in Twin Peaks, FBI agent Dale Cooper will return to the strange town for a new investigation set in the present day. Kyle MacLachlan will return to this role, which helped to launch his career at the time. Since then, the actor has confirmed his talent in several series, including Sex and the City, Desperate Housewives, How I Met Your Mother, The Good Wife and Agents of S.H.I.E.L.D.

First broadcast by ABC from April to June in 1990,



Kyle MacLachlan GETTY IMAGES

Twin Peaks regularly makes its way into TV critics' lists of the most influential shows of all time.

Like many of Lynch's films, the cult series combines suspense with humour and reality with fantasy, often through the juxtaposition of dreamlike elements with everyday settings. AFP

We'll miss you, good people of Pawnee: Bidding farewell to Parks and Recreation

Final season. Can we really live in a world with no more quotes from Ron Swanson? We'll just have to try

LISA WEIDENFELD
Metro in New York City

The sad day is finally upon us: We must now begin saying goodbye to Leslie Knope and the parks department on Parks and Recreation. The show started its final season last night, and while it has come close to being cancelled nearly every season it's been on, that doesn't make the prospect of saying farewell any easier.

Parks and Recreation found a devoted audience who loved its optimistic humour and careful creation of a fictional but delightful town. Here are the five things we'll miss most about the show.

Co-workers who actually like each other

- The cubicle drones of The Office often seemed to be living in a state of barely concealed distaste for each other, but Parks and Recreation has generally gone in the opposite direction, with the exception of poor Jerry. Or Gary. Or possibly Barry, by this point.
- As different as the various Parks department employees are, they've always been supportive of each other's endeavours, from Donna investing in the Snakehole Lounge with Tom to the way everyone pulled together for Leslie's ill-fated city councilwoman campaign.

The town of Pawnee, Ind.

We may not have known much about humble Pawnee at the beginning, but we've all grown to love the residents of the town (which we all know is First in Friendship, Fourth in Obesity).

And who hasn't enjoyed learning about the colourful Pawnee city motto? There was the time they got taken over by the cult of Zorp, or the time they claimed to be the birthplace of Julia Roberts, then got sued for it. Mostly, we'll miss the town's

historical murals, each of which is more offensive than the last.

Leslie Knope herself

At its best, the show found great ways to translate Amy Poehler's high-energy screen presence into a character who was both hugely dorky and inspirational.

Sure, she loved organizing everything in binders, and went overboard in every facet of her life, but Leslie was that rare comedic creation whose arc combined personal and

professional achievements in a way that made everyone root for her.

The couples

Remember the episode when April and Andy got married on a whim, only a few episodes after starting to date? It's unlikely anyone would have guessed those two would be the most stable relationship on the show, but the writers always found cute, funny ways to make them work as a couple, despite Andy's cluelessness and April's hatred of, well, everything.

And while we're happy Ron found love with Lucy Lawless' Diane, we're sad we won't get to see any new adventures between Ron and Tammy, because Nick Offerman and Megan Mullally brought just the right degree of crazy every time they were onscreen together.

It always warmed your heart

Parks has gotten a lot of credit over the years for the warmth of its humour. The show



Amy Poehler as Leslie Knope on Parks and Recreation. CONTRIBUTED

makes you laugh at the antics of its characters, but never sneers at them or asks viewers to mock them. Sure, we knew most of Tom's business schemes were doomed to failure, but he's now started a few successful ones, and no one on the show treated him like he was a fool for dreaming of a life beyond Pawnee. And as outlandish as Leslie's behaviour got, the people around her always loved her for it.

THE UNIVERSITY OF WINNIPEG
Professional, Applied and Continuing Education

EDUCATIONAL ASSISTANT DIPLOMA PROGRAM

NEXT PROGRAM STARTS
JANUARY 30, 2015

* Only diploma-level program in Manitoba.
* Practicum arranged by UWinnipeg
* Be job-ready in 6 months!

Be part of PACE II where innovation meets quality!

To speak with an advisor call,
204.962.0633

DISCOVER • ACHIEVE • BELONG

pace.uwinnipeg.ca

CHRIS ISAAK JESSICA CHASTAIN OMAR METWALY ALEXANDER NEVOLA CLIFF BROOKS

A movie poster for "A Most Violent Year". It features a man and a woman looking intensely at each other. The title "A MOST VIOLENT YEAR" is prominently displayed in large, stylized letters. Below the title, it says "NEW YORK CITY 1981". The poster also includes the text "COMING SOON" and "IN THEATRES JANUARY 30TH".

You could
WIN
an advance screening pass for two to see
A MOST VIOLENT YEAR
on January 22nd!
Visit clubmetro.com to enter
VISIT .COM TO ENTER
ELEVATION PICTURES

3

Hikes

How-to**Save money at the airport**

- Rather than shelling out a taxi fare at the airport's front door, persuade a friend or relative to drive you.
- Take a bus, train or the local transit to and from the airport, even if it means leaving home earlier — and packing lighter.
- Take an empty water bottle through security, then fill it up on the other side. You don't need to pay \$5 for a bottle of water.
- Coffee up at home.
- Bring foods that are easy to pack — sushi, sandwiches — and skip departure lounge food.
- Avoid the shops! Bring books, magazines and sundries like batteries with you.

DOUG WALLACE/METRO

Tool**Sunscreen app**

Heading south? Load this free app onto your phone to keep sunburns to a minimum. You enter your location, skin type and the SPF of your lotion. The app then detects the UV Index rating of your sunny spot and sets a timer to alert you when it's time to apply more sunscreen. It also comes with info on health precautions to help you avoid the dreaded lobster look and other more serious problems. Free for Android and iOS.

DOUG WALLACE/METRO

Deals**Cuba for less**

Cuba has always been the cheap and cheerful route for a week at the beach. Sunwing is making it even more attractive with deals on a few all-inclusive Cuban resorts they've recently started to work with, including up to 45 per cent off the new, 530-room Memories Holguin Beach Resort in Holguin. Get up to 20 per cent off at the new five-star Royalton Hicacos Resort & Spa in Varadero and up to 25 per cent off at the new Starfish Cayo Santa Maria, which is gigantic at 1,300+ rooms. Visit Sunwing.ca.

DOUG WALLACE/METRO



The winding trails of Wales

Hiking haven. This rugged country offers both epic journeys and leisurely walks

Looking for a hiking vacation that's off the beaten track but guaranteed to delight with an array of trails for all skill sets, amazing views, quaint accommodations, a wealth of history and top-notch cuisine?

Consider Wales.

The mountainous country, part of the United Kingdom, is bordered by England in the east, the Irish Sea to the north and west and the Bristol Channel in the south.

There are several world-class hiking regions, all distinct, all worth seeing, and situated close enough to one another that most of Wales can be explored in as little as a week via rental car.

There are no direct Canadian flights to Wales, but fly into any of the major London airports and connect to either Cardiff, Swansea or Liverpool. From Liverpool, it's a quick jaunt into the northern reaches of Wales, where you can start your hiking vacation in the Llandudno and Colwyn Bay area.

The hiking highlight of the region is the Great Orme, a coastal landmark more than 200 metres above sea level with Stone Age origins.

There's a circular walk around the headland that starts and finishes at the summit, providing spectacular views of Liverpool Bay and the Irish Sea, the Carneddau mountains, the island of Anglesey and the Menai Strait — a stretch of which is called the "swellies" by locals due to its hazardous whirlpools and surges.

History lovers shouldn't miss Conwy Castle, built by Edward I during his conquest of Wales between 1283 and 1289. It's among the best-preserved



A hiker takes in the view at Snowdonia. THE CANADIAN PRESS

medieval fortifications in Britain, and visitors can wander its battlements at will.

From Colwyn Bay, veer southwest into the grandeur of Snowdonia.

The famously stunning region is dotted with picturesque villages. Stop at Betws-y-coed on your drive in, an impossibly pretty riverside hamlet with a cosy pub located at the Ty Gwyn Hotel and featuring an excellent menu. The local steamed mussels and salt-marsh lamb shouldn't be missed.

To work off your lunch, there are trails for hikers of all capabilities. Expert climbers can take on the seven-hour hike up Mount Snowdon, the highest peak in south Britain, via the Crib's Goch knife-edge ridge, but there are plenty of other shorter, less hair-raising hikes through the dramatic hills of the region.

From Snowdonia, veer back northwest to Anglesey. The highlight of the island is the spectacular South Stack Light-

house, perched on another rugged, windswept isle joined to Anglesey by an aluminum bridge and open for exploration by tourists. There are plenty of hiking trails in the area, including an hour-long hike that starts in Breakwater Country Park in nearby Holyhead and leads to South Stack. The Anglesey Coastal Path also passes by South Stack.

Next stop? The Llyn Peninsula, southwest of Anglesey. While the hills are gentler than those in Snowdonia, the hiking in Llyn is every bit as scenic.

Head to the Yr Eifl region, the highest point on the peninsula. There are three peaks, but we tackled the challenging Tre'r Ceiri because it has one of the best examples of an Iron Age hill fort in northern Europe.

Just prepare for what feels at times like a full-on vertical climb to the rocky summit, although it's well worth the effort — the panoramic views atop the peak are phenomenal.

Reflect on the splendour over some fantastic Welsh craft beers at the nearby beachside pub at the Ty Coch Inn, located in the picture-postcard seaside village of Porthdinllaen.

Featuring a hearty menu ranging from garlic mussels to bangers and mash, it was named one of the world's best beach bars in 2013. But be prepared: You have to walk about a kilometre along the beach, or alongside a golf course on top of the headland behind the village, to get to the pub.

From the Llyn Peninsula, take a quick jaunt east to Portmeirion, a popular tourist destination designed and built by an English-born Welsh architect in the style of a somewhat gaudy Mediterranean village, complete with gilded statues of naked men and ornate buildings painted in pastel colours.

Located on the estuary of the River Dwyryd, Portmeirion has served as the location for dozens of films and even music festivals, though it was

If you go...

Check out the Visit Wales website at visitwales.com for accommodation options, including cottage rentals, working farms, camper vans and hiking recommendations. Wales Tourists Online (walestouristsonline.co.uk) also has an extensive database of accommodations options.

most famously the setting of the 1960s television show *The Prisoner*.

From the weird and wacky Portmeirion, head south to Pembrokeshire, home to some of the most awe-inspiring beaches you'll ever set eyes on.

Get onto the Wales Coastal Path near St. David's and make the two-hour hike northeast to the tiny former quarry town of Porthgain for lunch or dinner. The seafood on offer at two pubs there, including crab and fresh catches of the day, is amazing.

Along the hike to Porthgain, the wide sandy beaches nestled amid the majestic fjord-like rock walls along the rugged coast will shock and awe. They're popular among local surfers; for those who haven't mastered a surfboard, the body-surfing is awesome, too.

The final leg of the journey is the Gower Peninsula, no stranger itself to world-famous beaches. The sweeping, golden Rhossili Beach, on the southwestern tip of the peninsula, is eye-poppingly long and wide, surrounded by steep cliffs where sheep graze precariously and some even topple to their deaths.

The only possible downside to a Welsh hiking vacation? The rain. Pack rain gear, because all-day sunny hiking weather is rarely a guarantee.

THE CANADIAN PRESS



The Desert Botanical Garden has the largest collection of cacti in North America.



Phoenix boasts some of the world's best rock climbing. VISIT PHOENIX PHOTOS

Gateway to the great outdoors

Phoenix. Urban sophistication meets thrilling adventure

VAWN HIMMELSBACH
For Metro

Phoenix is one of the sunniest cities in the U.S. — but it's not just for snowbirds looking to escape the harsh Canadian winter.

As the gateway to the Grand Canyon, Phoenix is set against a backdrop of rugged mountains in one of the

lushest deserts in the world. But it also has a sophisticated urban scene, with boutique hotels and luxury spas, plenty of nightlife, and some of the best southwestern food around.

"It's a wonderful place for our northern friends to thaw out and leave their parkas behind," said Douglas MacKenzie, media relations

director with Visit Phoenix. The city's dependable sunshine makes outdoor activities a way of life — whether rappelling into a wet canyon or enjoying a craft cocktail on a poolside patio.

In the fall and winter, the climate is ideal for hiking and biking (in the spring, blooming wildflowers carpet the desert).

Hike the Cholla Trail on Camelback Mountain or the numerous trails in the Phoenix Mountain Preserve. Or check out the views from a hot air balloon, on a Jeep tour or while riding a horse.

While there are plenty of culinary options, Phoenix is known for its authentic southwestern and Mexican fare. Kai is the only Five Diamond Native American restaurant in the world, while the locals head to Los Dos Molinos for no-fuss traditional Mexican.

Phoenix offers a range of hip boutique hotels and luxury resorts with spas and golf courses, but there's also the unique option of staying at a dude ranch for a true cowboy experience. Or step into luxury at the Arizona Biltmore (Frank Lloyd Wright

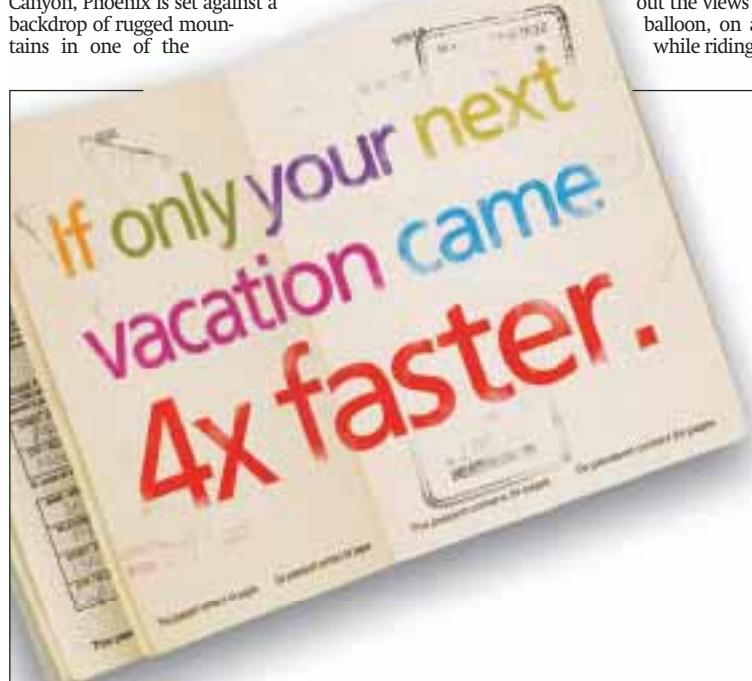
served as consulting architect).

"We have 62,000 hotel rooms in the Greater Phoenix Area and one to fit everyone's budget from economical to five-star luxury," said MacKenzie. Phoenix is also known for its spa scene, offering everything from mud wraps to hot golf ball massages.

There's also plenty worth seeing around town. "The Heard Museum has the largest collection of Native American artifacts (and) the Desert Botanical Garden has the largest collection of cacti in North America," said MacKenzie.

Unique adventures

- Phoenix has an emerging craft beer scene, with a dozen or so breweries and more than 60 wineries in the area. Imbibe on a craft brewery tour or a "water to wine" kayaking tour where you paddle between three different vineyards.
- Arizona offers some of the world's top canyoneering. Several operators offer adventures for different skill levels — from bouldering and rappelling to exploring wet canyons.



Earn travel rewards up to 4x faster.¹

No annual fee for the first year. Plus, get 20,000 bonus points, good for \$200 in travel.²

With the Scotiabank[™] Gold American Express[®] Card, you'll enjoy the freedom and flexibility to redeem points before or after your trip with no blackouts, seat restrictions or booking fees.

www.scotiabank.com/4xfaster

You're richer
than you think.[®]

 **Scotiabank**^{®*}

* Registered trademarks of The Bank of Nova Scotia. [®] American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express. ¹ You will earn 4 points per \$1 on the first \$50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations (with or without Ancillary Services and with Merchant Code: 5541) and Automated Fuel Dispensers (Merchant Code: 5542); Grocery Stores and Supermarkets (Merchant Code: 5411); Eating Places and Restaurants (Merchant Code: 5812); Drinking Places (Alcoholic Beverages) including Bars, Taverns, Nightclubs, Cocktail Lounges, and Discoteques (Merchant Code: 5813), Fast Food Restaurants (Merchant Code: 5814); Entertainment including Motion Picture Theaters (Merchant Code: 7832), Theatrical Producers (except Motion Pictures) and Ticket Agencies (Merchant Code: 7922), Bands, Orchestras and Miscellaneous Entertainers – Not Elsewhere Classified (Merchant Code: 7929). Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per \$1 on purchases made after you have reached the 4 points per \$1 \$50,000 annual spend maximum and on all other purchases made with the card. Points are not awarded for cash advances, Scotia Credit Card Cheques, Scotia Rewards Dollars, returns, payments, casinos and gambling, annual membership or card fees, interest charges or service transaction charges. ² The introductory annual fee waiver only applies to the initial annual fee for the primary and additional cards. The Scotiabank Gold American Express Card regular interest rate is 19.99% for purchases. For cash advances, balance transfers and Scotia Credit Card Cheques the interest rate is 21.99%. The regular annual fee is \$99 per year for the first card issued on the account; additional cards are charged an annual fee of \$29 per year per card when issued regardless of card activation and will be billed to your first statement and once a year thereafter. Any additional cards must be issued by February 28, 2015, to qualify for the offer. The 20,000 Scotia Rewards bonus points are awarded when you use your Scotiabank Gold American Express Card for at least \$1,000 in net purchases posted to your account in the first three months from the account open date and provided the account is open and in good standing. Net purchases are defined as the cost of goods and services purchased on your credit card account, less amounts credited for refunds on such purchases. The points will appear as an adjustment on your Scotiabank Gold American Express Card statement within two statement cycles after the third billing cycle has passed. Offer applies to new accounts opened by February 28, 2015. Rates and fees are as of September 1, 2013 and are subject to change without notice.



You will often need references from your manager when looking for a new job. You can use a portfolio to help guide your manager to highlight what is important to the new job, not just what they can remember you worked on. iSTOCK

TRAIN FOR AN IN-DEMAND CAREER IN LESS THAN A YEAR!

Get ready to embark on a new career! In less than a year, you can train for a new career in dynamic fields such as **business, legal, art and design, or healthcare**. Many of the programs offer comprehensive hands-on training that include practicals so students can gain the real-world experience they need!

- Addictions & Community Services Worker
- Health Care Aide
- Legal Administrative Assistant
- Medical Office Assistant
- Intra-Oral Dental Assistant
- Graphic Design
- And More!

Financial assistance may be available to qualified applicants.



1 800 360 7186 study.cdicollege.ca

Call and make an appointment at our Winnipeg campus today!

CDI college

Give your portfolio a noticeable pick-me-up

Career. This is your professional identity in one package, so be sure to make it pop

CELINE TARRANT
TalentEgg.ca

Many professionals make the mistake of thinking that they don't need a portfolio because they don't have anything to put in one. Here's how to put together a professional portfolio that will help you showcase your work, highlight your skill set, and can serve as a valuable career planning tool.

What is it? What should you include in it?

This is not a resumé; it's a collection of your professional achievements. Unlike a resumé, there's no page limit, so it should include all the projects you've worked on, recommendations, reference letters, awards, side projects, publications, a listing of conferences and events you have attended or spoken at, courses and workshops, and anything else you feel is relevant to your professional life.

Why do it?

- To jog your memory (and your manager's): Simply put, most people are terrible at remembering things. Unless you write down and reflect on relevant

Putting it together

How you actually collect everything and organize it is up to you.

- Maybe it's a formal hard-copy document that you use publicly and share with others. Maybe it's just an informal folder on your computer where you keep relevant documents for your eyes only.
- However you choose to do

and important experiences, it's easy to forget about them.

If you forget about your own achievements, what are the chances a potential employer will remember? It's important to document and showcase what you have accomplished so you can communicate more effectively with your manager about how you have contributed to the team, and demonstrate ways you have gone above and beyond.

To help you land your next job:

As you advance your career, this tool should also make it easier for you to quickly gather and comment on relevant work experience. For example, if you're in PR and applying for a marketing job, you should be able to look to your portfolio and very easily gather all the marketing-related projects you

it, the thing that matters is that you are keeping track of all the amazing work you are doing, and keeping it up to date and relevant.

- Set a recurring calendar date with yourself each month and commit to revisiting your portfolio to reflect on your experiences so far, update it with new information, and plan for the month ahead.

have worked on and identify the overlapping skill sets because you have carefully organized and tracked them over the years.

Career planning and development:

As you go through the exercise of putting together your portfolio, and continue to add to it over time, patterns will start to emerge. Maybe you notice that all of your projects have been internal and you need some more client-facing experience.

Or that you've been to five social media workshops this year, and you still haven't put up your hand to run the next Twitter campaign. It should help you identify where you are over- or under-indexed in certain areas, highlight gaps in your skill set, and draw your attention to opportunities for personal development.

 RED RIVER COLLEGE

Open House

Tuesday, February 17, 2015
12pm - 3pm | 5pm - 8pm

Wednesday, February 18, 2015
9am - 2pm

Notre Dame Campus | Exchange District Campus | Stevenson Campus

OUR GRADS GET HIRED

rrc.ca/openhouse



How to gather a combination of contacts for career success

Career. Tips on nabbing your ideal professional network

LAUREN MARINIGH
TalentEgg.ca

Creating a LinkedIn profile is easy — knowing who to add and how to build your network and connections is the hard part.

Building an ideal network on LinkedIn takes time, persistence and patience. But once you have created a great network of contacts, you'll find LinkedIn is one of your most valuable social media platforms and a great resource.

So where do you start? Here are some tips.

Who to add

Knowing who to add is the most important thing to consider when building any network, but especially on a social platform like LinkedIn.

Keep in mind that LinkedIn is a professional hub, and your connections are a representation of you. Only connect with people you feel will represent you well and that you would be happy for possible employers to see as connections on your profile.

If you are going to reach out to professionals you don't personally know, make

Who to remove

LinkedIn is a professional network in comparison to Facebook. Who you connect with on LinkedIn is probably not necessarily who you connect with on Facebook and vice versa. Keep LinkedIn your professional network, and don't be afraid to remove those connections you may not want to be associated with anymore.

- Remove those that you haven't stayed in touch with enough to know what they are doing professionally. Remove those who are inactive and haven't updated their profiles in a long time, and people that may have switched career paths and no longer seem to be relevant to your network or career. The important thing to remember

is that you can't worry about people being offended if you removed them. LinkedIn is a virtual résumé, and if your connections aren't adding value to your profile, there really is no point being connected.

- Once you have a good LinkedIn network, you'll start reaping the rewards of networking within your industry. LinkedIn is a great resource for anyone, but especially for new grads with minimal experience and limited industry connections. LinkedIn can be your go-to site for finding jobs and building your professional reputation and network.

Peek at your new pal

"Always make sure that you skim the profile of each possible new connection, as this is a way to validate who they are, and why they are relevant to you."

tive if the connection in common isn't someone who has the best reputation with the employer or human resources manager looking up your profile.

Employers also want to see that you have worked to build your network. Profiles that only have minimal connections or no connections at all can raise a red flag.

If you are going to be on LinkedIn, commit yourself to building your network, and keeping your profile updated, otherwise it's almost better to stay off of it.

Not sure how to build your network or don't know very many people on LinkedIn? Start with creating a great profile, sharing regular content, and getting involved in LinkedIn groups and company pages.

You'll notice your network will slowly begin to grow. And hey, don't forget to add all your colleagues from past jobs, or classmates and teachers from college or university.

sure that you include a message with your invitation, so they understand why you are adding them, and how you may want to network.

What employers are looking for

Employers often first look for mutual connections, and how you link back to them personally. It sparks a common ground when an employer notices you have a connection in common.

This could also be nega-



Fast Training. Higher Income.

Enrol in the Railway Conductor Program Today.

Do you dream of wide open spaces, where you won't be chained to a desk?

Get the theory and hands-on training needed to launch your career as a railway conductor – all within 15 weeks.

In 2012, CN's Canadian conductors earned an average salary of \$85,000.

Learn more at a free information session led by our instructors (no registration required):

When: Every Thursday, 7pm

Where: 9 - 1500 Regent Ave. W.

Next start date: May 2015

For more information: 204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/railway

Packing your lunch like a professional

Career. Six tips that will help you prepare homemade, healthy lunches simply and swiftly

RIANA
TOPAN
TalentEgg.ca

Is healthy eating one of your resolutions for 2015? A great way to achieve that is by packing a lunch for school or work. It will save you a lot of money in the long run, too. Here's how to get started.

Plan ahead

Plot out four weeks' worth of meal ideas in a calendar or schedule. Choose options you enjoy, that you can make in advance and that are easy to transport. Repeat your plan every month, and mix it up when you get tired of certain meals, or to reflect what you have in your kitchen.

Sketching out your meals for the month will take away the stress of trying to come



Having an ammo of healthy snacks at the ready will help to curb your cravings throughout the day. ISTOCK

up with new ideas all the time. It will also mean you know exactly what you need to buy each week to prepare your lunches, saving you time in the grocery store. If you're trying to save money or prefer to eat locally, adjust your meal plan seasonally, and check what's on sale at the start of each month to stock up on non-perishables, then incorporate those into your meal plan for the next four weeks.

Prepare meals in batches

You can save time by preparing multiple meals at once, because it cuts down on the overall time you have to spend washing, chopping, cooking, portioning and cleaning up. Block off a couple of hours each week to prepare your lunches for the next five days (Sundays are great if your schedule allows).

If you don't already have one, invest in a Tupperware

Hurried and hungry

Have ready-made meals on hand

- We all have days when we're especially tight on time, so be prepared for even the busiest of days by keeping at least 2-3 frozen or non-perishable meals that you can pack for lunch as a last resort. Having a few homemade meals in your freezer is great, otherwise pre-made soups, chili or pasta dishes work well.

- Try to always have at least a couple of fresh items in your fridge so you can round out the meal with a couple of servings of vegetables or fruit. It's also a good idea to keep nutritious snacks at your desk (like fruit, trail mix, granola bars, brown rice cakes, whole grain crackers and nut butter) so that healthy options are always within reach whenever you get hungry.

set that includes different sizes for your main meal, snacks, sauces and accompaniments. Having four to six good-sized containers will mean you can pre-portion several meals at once. Opt for glass containers or BPA-free plastic.

Strive for balance

Although you should stick to meals that don't take long to prepare, you don't want to sacrifice nutrition. The key

to a healthy meal is ensuring that it's well rounded. Ideally, your lunch should be proportioned as follows: half your plate should be vegetables and/or fruit, a quarter should be protein and the other quarter should be grains.

Keeping this in mind means you can toss together a balanced meal that will keep you satisfied until dinner, as long as you choose healthy options.

Use what you have on hand; try beans, legumes, nuts, seeds and lean meats for your protein, whole grains like brown rice, quinoa, and whole wheat noodles for your grains and a variety of fresh produce for the fruit/vegetable portion of your meal.

Keep your kitchen well stocked

Always make sure you have the ingredients for a quick go-to lunch in case you don't have time to go shopping or spend more than a few minutes preparing your next mid-day meal.

Sandwiches are great when you're pressed for time, so keep a loaf of whole wheat bread in your fridge or freezer and have nut butters, jams, vegetables, cheese, hummus or cold cuts on hand.

Having a well-stocked kitchen ensures you're less likely to run into a situation where making a meal at home isn't an option. If everything you need to make a healthy, homemade lunch is already right in front of you, you'll be less tempted to buy food out.

ROBERTSON COLLEGE

Be Employment Ready in Under a Year!

Choose from 17 programs in Business, IT or Healthcare.

Classes start monthly!

Why Robertson College Winnipeg?

- ✓ Guaranteed Lifetime Career Placement Services
- ✓ Access to our extensive employer network
- ✓ Hands-on experience with our real-world practicums*
- ✓ Industry experienced instructors
- ✓ Frequent class starts

There are only months between you & your dream career.
Get started at www.robertsoncollege.com or call 204.515.4230

*Not all programs have practicums. Contact campus for details.

CREATE

LEARN TO DO WHAT YOU LOVE, FOR LIFE

We're visiting soon!
The Art Institute of Vancouver would love to help you find your creative path.

Join our Assistant Directors of Admissions to find out why **Ai Vancouver** is rated as the #1 school in Canada for games by **The Princeton Review*** and how our alumni are receiving accolades around the world in the areas of: Culinary Arts, Interior Design, Fashion Design, Graphic Design, Animation, Games, Audio, and Event Management!

Join us on
Saturday, January 24

Radisson Hotel Winnipeg Downtown
288 Portage Avenue, Winnipeg

Check-in
9:30 AM

Information Session
10:00 AM – 12:00 PM
One-on-One Meetings
12:00 PM – 6:00 PM

To RSVP, go to:
aivancouvertour.com

Ai The Art Institute of Vancouver®
CREATIVITY for LIFE

*As per The Princeton Review Top Undergraduate Schools for Video Game Design for 2014.

Take chili beyond ground beef and beans

Mixed Veggie and Steak Chili. This refreshing take on the classic hearty dish doesn't take much time or effort to make



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

Try making chili with steak next time you have a hankering during the week. It's just as easy as using ground beef but has a chunkier texture, which is a nice change.

You can use stir-fry strips if you don't want to slice the steak yourself, but slicing takes no time at all.

Use your favourite fresh peppers or mushrooms, but to make this in a snap, why not check what's available in your freezer and bulk up the pot with a variety of frozen vegetables.

Pick up a few bags when they are on sale and then you will be ready to whip up this dish or serve up a variety of veggies alongside your favorite weeknight meal.

Keeping a bag of frozen mixed vegetables in your freezer is also an easy way to pump up your soups with flavour and texture, not to mention extra servings of vegetables!

This chili is perfect served



COOK TIME
ABOUT 30 MINUTES

This recipe serves four. EMILY RICHARDS

up with a crunchy salad.

Directions

1. In large shallow saucepan or Dutch oven, heat oil over medium-high heat and brown steak. Remove to plate.

2. Add onion, garlic, chili powder, oregano and cumin and cook, stirring for about

5 minutes or until softened. Stir in tomatoes, frozen

vegetables, beans and tomato paste; bring to a boil.

Stir in steak; reduce heat and simmer for about 20

minutes or until chili is thickened.

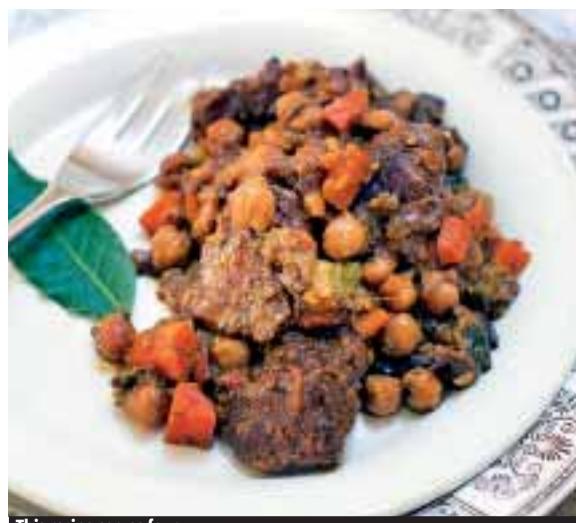
Ingredients

- 1 tsp (5 ml) canola oil
- 1 sirloin grilling steak (about 12 oz/375 g), in 1/2 inch (1 cm) pieces
- 1 onion, chopped

- 2 cloves garlic, minced
- 1 tbsp (15 ml) chili powder
- 1 tsp (5 ml) each dried oregano leaves and ground cumin

- 1 can (28 oz/796 ml) diced tomatoes
- 2 cups (500 ml) mixed frozen vegetables, such as broccoli,

- cauliflower and carrots
- 1 can (19 oz/540 ml) red kidney beans, drained and rinsed
- 1/4 cup (60 ml) tomato paste



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

A filling chickpeas and beef combo

Isn't it great to be richly rewarded for spending mere minutes in the morning assembling dinner in your slow cooker?

My favourite dish is beef stew. But how to make a batch that satisfies without being too heavy? Enter today's star ingredient: the chickpea!

This delightful legume is my secret for adding lots of lean protein and fibre to many dishes. It's hearty enough to hold its own alongside other proteins.

This beef stew with chickpeas is comfort at its finest — beef cubes briefly sautéed golden brown with turmeric, then simmered in red wine, beef stock, lemon zest and prunes

in a relationship that can only be described as symbiotic. To reduce saturated fat, I use a leaner cut of meat and less of it. The

chickpeas and veggies mean you won't miss the extra meat.

1. In bowl, mix flour, turmeric

Ingredients

- 1 tbsp all-purpose flour
- 1 tsp ground turmeric
- Kosher salt and ground black pepper
- 1 lb lean stew beef (such as top round), cut into 1-inch cubes
- 1 tbsp olive oil
- 1 medium yellow onion, roughly chopped
- 1/2 cup chopped pitted prunes
- 2 medium carrots, roughly
- 1 medium zucchini, chopped
- 3 cloves garlic, minced
- Zest and juice of 1 lemon
- 2 tsp grated fresh ginger
- 2 tsp minced fresh oregano (or 1 tsp dried)
- 1/3 cup red wine
- 1 cup beef stock
- 15-oz can chickpeas, drained and rinsed

and a hefty pinch each of salt and pepper. Add the beef cubes and toss to coat evenly.

2. In sauté pan over medium-high, heat the oil. Add the beef and brown on all sides, 2 to 3 minutes per side. Set aside.

3. Coat 6-quart slow cooker with cooking spray, arrange onion on bottom and beef over it. Add remaining ingredients, then cover and cook until meat is tender, 8 hours on low or 4 hours on high. Taste, season with salt, pepper. **THE ASSOCIATED PRESS/ MELISSA D'ARABIAN, AN EXPERT ON HEALTHY EATING ON A BUDGET AND AUTHOR OF SUPERMARKET HEALTHY.**



Sabres retire The Dominator's No. 39

Dominik Hasek stands next to a plaque with his number in the entrance to the Sabres' locker room on Tuesday in Buffalo. The Sabres paid tribute to their former star goalie by retiring his No. 39 in a banner-raising ceremony before their home game against the Detroit Red Wings. The player nicknamed "The Dominator," who also played for the Red Wings, Ottawa Senators and Chicago Blackhawks, was inducted into the Hockey Hall of Fame in November. HARRY SCULL JR./THE BUFFALO NEWS/THE ASSOCIATED PRESS

Perreault leads Jets' blowout of Panthers

NHL. Jets centre has four-goal, five-point night; Maurice earns 500th NHL coaching win

Mathieu Perreault scored four goals and added an assist as the Winnipeg Jets trounced the Florida Panthers 8-2 on Tuesday.

Jets defenceman Dustin Byfuglien scored a pair of goals and added an assist. Jay Harrison and Evander Kane also scored for Winnipeg (22-14-8).

Fans gave the team a loud standing ovation after the victory, which earned head coach Paul Maurice his 500th win as an NHL head coach. The eight-goal output was a season high for the Jets, one short of the franchise record.

Perreault's four-goal performance tied the Winnipeg/Atlanta franchise record for most goals in a game. Former Thrashers star Ilya Kovalchuk was the last to achieve the feat



in 2005 and Pascal Rheume recorded the first one.

Perreault, who's never scored four goals in a game, had his first career hat trick on Jan. 24, 2012, against Boston. He now has 15 goals and 14 assists in 43 games this season.

Goalie Michael Hutchinson made 25 saves.

Dave Bolland, with his first of the season, and Brad Boyes scored for Florida (20-12-9), which was finishing up a six-game road trip that saw the team go 4-2-0.

Roberto Luongo started in net for Florida, but was pulled with 13:23 left in the second period in favour of Al Montoya after letting in four



The Jets' Mathieu Perreault looks on as arena staff pick up hats from the ice at the MTS Centre on Tuesday night. Perreault tallied four goals in an 8-2 win over the Panthers. TREVOR HAGAN/THE CANADIAN PRESS

goals on 20 shots. Montoya made 11 stops.

Perreault scored consecutive goals in the first period to give the Jets a 2-0 edge. He scored two straight goals again late in the second per-

iod — a little over a minute apart — to make it 6-1.

The Jets head out for two-game road trip starting Thursday in Dallas. The Panthers host Colorado on Thursday.

THE CANADIAN PRESS

Aaron Hernandez

Judge in murder trial denies CNN's juror request

The judge overseeing the murder trial of former New England Patriots player Aaron Hernandez has turned down a request from CNN that the questioning of prospective jurors be done in a way that the public can hear.

Bristol County Superior Court Judge Susan Garsh responded Monday to a letter sent by CNN last week. The letter expressed concerns that the plan to question prospective jurors out of the public's hearing violates the First Amendment.

Garsh says Massachusetts' Supreme Judicial Court found it was constitutional to question them out of the public's hearing, as long as the public could see the proceeding.

The first phase of jury selection is due to end Tuesday. THE ASSOCIATED PRESS

Broncos

Elway pushes for Manning return

If John Elway gets to choose, his quarterback next season will be Peyton Manning.

During a news conference Tuesday, Elway said he did not press Manning for a decision on his future when they met the day after Denver's 24-13 loss to Indianapolis in the AFC divisional playoffs.

The Broncos executive vice-president said he expects to reconvene with Manning in about a month to see where he stands.

THE ASSOCIATED PRESS

MLB

Royals extend Yost's contract

The Kansas City Royals and Ned Yost have agreed on a one-year contract extension that will keep the manager with the franchise through the 2016 season.

Yost said after leading the Royals to an American League pennant last season that he hoped to manage a few more years. His contract had been set to expire after the 2015 season.

Yost will soon become the club's winningest manager. He has 373 victories, trailing only Dick Howser (404) and Whitey Herzog (410). THE ASSOCIATED PRESS



After a wobbly start to the season, quarterback Russell Wilson has the Seahawks pointed toward another NFC championship game. JONATHAN FERREY/GETTY IMAGES

Road to conference finals a bumpy one

NFL playoffs. Patriots, Seahawks, Packers and Colts have all overcome snags early in season

There are the 2007 Patriots, a juggernaut, and the 2014 not-so-dominant version.

There are the current Seahawks, not quite as fearsome as last year's championship edition.

Throw in a Packers team that doesn't much resemble the Lombardi squads and a group of Colts who have experienced more ups and downs this season than the rest of this final four.

Yes, it's been a long and winding road to the conference title games for New England, Seattle, Green Bay and Indianapolis.

The Seahawks were 3-3 and fighting off the championship hangover in October. They've won 10 of 11 since, and their defence became immovable once all-pro inside linebacker Bobby Wagner returned from a right-foot injury.

"When I went into this year with the thought that this is a very unique chance at showing that you can handle all of that — it's been difficult for people, and the history of it shows you that it's hard to come back and get yourself back into this kind of position again," Seahawks coach Pete Carroll said. "So this is exactly where we'd hoped we would be right now."

Just as much in the doldrums as the Seahawks back in early autumn: Tom Brady and the Patriots. They were 2-2, coming off an ugly loss at Kansas City in prime time.

The three-time Super Bowl

winner had little cohesion with a mediocre group of wideouts, other than Julian Edelman. Star tight end Rob Gronkowski was slowly coming back from injuries that basically wiped out his previous season. Questions abounded concerning the running game, the offensive line and a defence that had been torched in two of the first four games.

In the next 12 weeks, the Patriots won 10 times. Between Oct. 5 and Nov. 23, they never scored fewer than 27 points and averaged more than 39 points in a seven-game winning streak.

Think New England straightened things out?

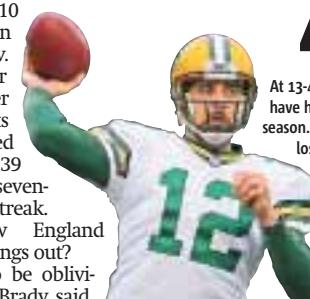
"It's hard to be oblivious to things," Brady said

of commentaries that the Patriots were no longer elite. "We all have TVs or the Internet or the questions I get and the emails that I get from people that are concerned. Nobody died or anything. It's just a loss, and I think we've always done a great job putting losses behind us quickly." THE ASSOCIATED PRESS

Road woes

4

At 13-4, the Packers have had a successful season. All four of their losses, however, have come on the road, where they are 4-4. They play in Seattle on Sunday.



NBA. Garnett suspended, Howard fined after dust up

Kevin Garnett was suspended one game without pay Tuesday by the NBA for headbutting Dwight Howard, who received only a fine when the league ruled he didn't retaliate with a punch.

Howard was fined \$15,000, the league announced in saying he pushed Garnett in the neck.

NBA President of Basketball Operations Rod Thorn determined that Garnett initiated the altercation in the Rockets' 113-99 victory over



Dwight Howard, left, and Kevin Garnett Monday. THE ASSOCIATED PRESS

Brooklyn on Monday night.
THE ASSOCIATED PRESS

NBA. Nets owner open to offers, no sale imminent

A spokesperson for Mikhail Prokhorov says the Nets owner is open to offers for the team but that no sale is imminent.

Bloomberg News, citing two people with direct knowledge of the matter, reported Tuesday that Prokhorov had retained Evercore Partners to sell the team.

Prokhorov, a Russian billionaire who bought 80 per cent of the team in 2010, said earlier this season he was willing to listen to offers for a minority share of the club



Nets owner Mikhail Prokhorov
GETTY IMAGES FILE

but wouldn't sell his majority stake. THE ASSOCIATED PRESS

Sports in pictures

1



2



3



4

1 College football. Buckeyes win, Ohio Stadium goal post loses

Ohio State football fans took to the streets after their team's championship victory early Tuesday, yelling and screaming in delight, setting nearly 90 fires and tearing down an Ohio Stadium goal post. THE ASSOCIATED PRESS

2 Women's soccer. Judge dismisses U.S. star's domestic-violence case

A judge near Seattle has dismissed misdemeanour assault charges against soccer superstar Hope Solo.

Solo, a goalie for the U.S. women's national soccer team and the Seattle Reign professional club, had been charged with two counts of fourth-degree domestic-violence assault stemming from a June altercation with her half-sister and 17-year-old nephew. THE ASSOCIATED PRESS

3 French League Cup. Zlatan all heart en route to semifinals

Zlatan Ibrahimovic chested home the winning goal as Paris Saint-Germain scraped a 1-0 win at Saint-Etienne on Tuesday to reach the League Cup semifinals.

THE ASSOCIATED PRESS

4 World Cup slalom. Hansdotter dominates for 2nd career win

Frida Hansdotter of Sweden dominated a World Cup night slalom on Tuesday in Flachau, Austria, strengthening her position at the top of the discipline standings going into the world championships next month. Loudly cheered by 14,800 spectators, Hansdotter built on her first-run lead to finish in a combined time of 1 minute, 49.59 seconds. THE ASSOCIATED PRESS

DRIVE

22

DRIVE

metronews.ca
Wednesday, January 14, 2015

2015 Chrysler 200

- Type.** Four-door, five-passenger midsize sedan
- Engines.** 2.4-litre four-cylinder (184 hp), 3.6-litre V6 (295)
- Transmission.** Nine-speed automatic
- Price.** \$22,495 (2.4L), \$26,995 (V6) base; \$38,995 as tested

Market position

Chrysler's purchase by Fiat has given it access to new engineering, including the Alfa Romeo chassis under the 200. The company is now catching up in the small and midsize markets thanks to these Italian partners.

Points

- The all-wheel system disconnects the rear axle when not required, to improve fuel economy, but sends power to the back wheels whenever needed for extra traction.
- The transmission is shifted by a dial, which frees up console space.
- An optional self-parking feature works on parallel or perpendicular parking spots (and does a very good job).



The AWD system disconnects the rear axle when not needed.

Interesting features

Eight airbags and active front head restraints are standard issue. Also available are blind-spot monitoring, cross-traffic alert, a self-parking feature, ventilated seats and navigation.

Getting back into the game

PHOTOS: JIL MCINTOSH



Compare

1 Toyota Camry V6
Base price: \$33,650
Also redesigned for 2015, the Camry features more aggressive styling and improved driving dynamics.



2 Kia Optima SX Turbo
Base price: \$34,895
Optima's optional turbocharged engine makes 274 hp and boosts driving fun.



3 Nissan Altima 3.5
Base price: \$33,498
Long drives remain comfortable thanks to the zero gravity design of the seats, which reduces fatigue.

Review. Alfa Romeo chassis helps redesigned Chrysler 200 compete in the tough midsize family sedan category

JIL
MCINTOSH
drive@metronews.ca

Midsize sedans are an important segment, and if you're going to make it here, you've got to bring ammunition.

This has usually been a weak point for Chrysler, but it's finally in the game with the 200 sedan, which has been completely redesigned for 2015. It still has some flaws, but it's finally strong

enough to tackle the competitors.

The base engine is a 2.4-litre four-cylinder making 184 horsepower, which is available in all four trim levels (LX, Limited, 200S, and 200C). My tester was optioned with the 3.6-litre V6 that can be added to the S and C trims. Mine also had all-wheel drive, which can be ordered only with the V6.

Both engines use a nine-speed automatic transmission. The ninth gear is a bit of overkill, as I was only ever able to get into it on a flat stretch of highway. Even then, I had to use the steering-wheel paddle shifter to manually engage it, and on the slightest incline, the transmission slipped back



The new interior is lovely, with soft-touch materials and excellent fit and finish.

into eighth gear.

The engine is smooth, but its published fuel consumption is higher than many of its V6-powered rivals, and in combined driving, I averaged 10.4 L/100 km.

The redesigned interior is lovely, with soft-touch materials, excellent fit and finish, and comfortable seats that are clad in soft leather on the top-line 200C.

A heated steering wheel

is standard on that trim, but there's some form over function, here. The wheel is enhanced with a handsome chrome ring, which stays ice cold on winter mornings while the rest of the wheel heats up — defeating the entire purpose.

Small-item storage looks limited at first, but you find a ton of space once you start looking. In addition to a console box and an open bin under the shifter, the entire top of the console slides back, revealing a huge hidden cubby.

The 200 can feel a bit pricey at its upper end, but the mid-range models seem right in line. If you're in the market for midsize sedan, there's a new player in town.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your
Metro News app for today's
crossword and Sudoku answers.
It's OK. No one's watching.



→ See the full
instructions
on Metro's
Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Be less predictable, especially when dealing with people in positions of power. Too many people are taking you for granted — and will continue to until you do something.

♉ Taurus

April 21 - May 21

There are a lot of people out there who could benefit from your brand of kindness, so start looking for ways you can assist.

♊ Gemini

May 22 - June 21

With your ruler Mercury strong today you are in a can-do mood but you may have to deal with people who seem incapable of making decisions. Stay calm.

♋ Cancer

June 22 - July 23

Today's positive cosmic influences suggest you can ask for almost anything you want and partners and loved ones will hand it over with no questions asked.

♌ Leo

July 24 - Aug. 23

You are advised not to take money issues too seriously today, not because they don't matter but because you may well be looking at them from completely the wrong angle.

♍ Virgo

Aug. 24 - Sept. 23

A little of what you fancy today will do you the world of good. Don't listen to those who say it is wrong to enjoy yourself when so many others are finding it tough. Show the world how easy it is to have fun.

♎ Libra

Sept. 24 - Oct. 23

Everything seems to be going so well that you may get a bit suspicious and start wondering if it's all too good to be true. On the contrary, loved ones will do anything for you. Enjoy it.

♏ Scorpio

Oct. 24 - Nov. 22

Nothing is beyond you. That may sound too good to be true but you really can accomplish something remarkable over the next two or three days, simply by following your dream.

♐ Sagittarius

Nov. 23 - Dec. 21

You will have to deal with someone today who is so slow that it drives you mad. Not everyone thinks or acts as quickly as you and sometimes you just have to wait for the slowest one in the group.

♑ Capricorn

Dec. 22 - Jan. 20

It is not your job to please someone else — it is their job to please you. Partners and loved ones know exactly what it is you desire — all you have to do is let them give it to you.

♒ Aquarius

Jan. 21 - Feb. 19

By all means have fun today but don't go too far and put your wellbeing at risk. Always leave a little something in reserve.

♓ Pisces

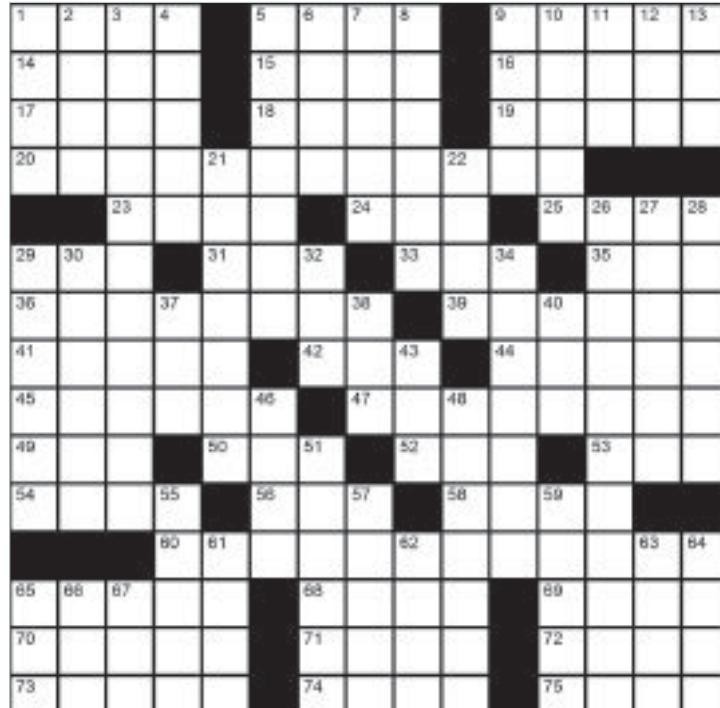
Feb. 20 - March 20

You will receive good news today but for some reason you may find it hard to believe. The planets indicate that no one is trying to deceive you.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Aware of the hoax: 2 wds.
- good cause (Reason to donate)
- Canadian soul songstress Ms. Watson
- Do this : (
- "Can — a Witness" by Marvin Gaye
- Bustling
- Sacred looped cross
- drop
- 'R' of US state RI
- Quebec City's sculpted Wintertime retreat from January 3rd to March 22nd, 2015: 3 mts
- B toothbrush
- 'N' of RCN [abbr.]
- Mover's plank
- Pronounce
- Young sheep
- "Uh-huh."
- Pierre's 'here'
- Swaps an old car towards the purchase of a new one: 2 wds.
- Yalta's locale
- One saying "Eww, gross.", say
- Sever
- Dispirit
- 1989 Janet Jackson album: 'Rhythm _ 1814'
- Post to a new post
- Wildebeest
- worth (\$\$\$)



- Fireplace leftovers
- 1990s trial Judge
- "The Karate __" (1984)
- Rock's valuable band
- Afterwards: 2 wds.
- With, in Montreal
- Canadian rocker born in Sarnia, ON: 2 wds.
- " __ : Dawn of the Dinosaurs" (2009)
- Ms. Agron of "Glee"
- Cheap
- Secrets to some
- Canadian actor Mr. Bellows
- Realm of Wilhelm I
- Agnes __ (Mass prayer)
- Hide Hair connector
- Entries
- Little legume
- Just about
- Mobile device operating system
- Doubled disapproval
- Plays: Act's one-of-some
- Relinquish, variably
- Unrestrained shopping
- Sidewalk bugs
- Fish's 'lung'
- Finales
- Pink
- Maple's drink
- Blue Rodeo hit
- 'Mountain' suffix

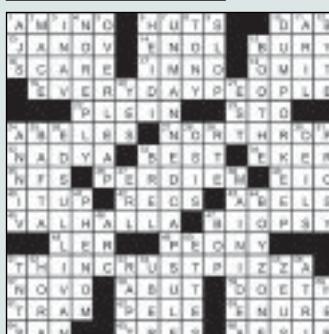
- Response, for short
- Beverage menu item
- Shaggy animals of Tibet
- "Waking Up in ___" (2002)
- "__ Wiedersehen!"
- CD part, variably
- Map maker
- Alexander __

- Winnipeg-born hockey star
- Triad
- "Moonfish
- Something naughty
- Certain citrus
- Antiquities
- Funeral rite

- Narrated
- Additional
- Rule as a Royal
- Not working but having fun instead: 2 wds.
- Fashion designer Mr. Jacobs

- Instruments featured in East Coast music
- Fiend
- Naughty
- Northwest Territories community called 'Tuk' for short
- Questionnaire

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



©2013 Conceptis Puzzles Inc. By Konigs Features Syndicate, Inc.



Everyone's entitled to YOUR opinion

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

• Answer short, online surveys • Tell us how we're doing • Every completed survey gives you a chance to win a \$25 gift card

Bonus: Sign up and join the panel by January 30, 2015 for a chance to win a \$50 gift card



Sign up at www.Metronews.ca/panel





HYUNDAI®

FREE TRADE CELEBRATION EVENT

AUTO NEWS
HYUNDAI SLASHES PRICES!
ON SELECT 2015 MODELS

Free Trade Agreement signed with South Korea gives Canadians price reductions on select Hyundai vehicles

LOWER PRICES AND LOWER PAYMENTS

— UNTIL FEB. 2ND, GET AN ADDITIONAL FREE TRADE BONUS TO CELEBRATE THIS HISTORIC EVENT! —



2014 Accent
"Highest Ranked Small Car in Initial Quality in the U.S."^a

HWY: 8.9L/100 KM
CITY: 6.3L/100 KM*



GLS model shown*



2014 Elantra
"Highest Ranked Compact Car in Initial Quality in the U.S."^a

HWY: 6.7L/100 KM
CITY: 9.7L/100 KM*



Limited model shown*

2015 ACCENT
4DR L MANUAL

ALL-IN CASH PURCHASE PRICE:
\$9,364[‡]

INCLUDES
\$4,185 IN FREE TRADE PRICE
REDUCTION AND FREE
TRADE BONUS[§]

INCLUDES A 60-MONTH LIMITED WARRANTY[¶]!!

ALL-IN CASH PURCHASE PRICE:
\$10,864[‡]

INCLUDES
\$5,135 IN FREE TRADE PRICE
REDUCTION AND FREE
TRADE BONUS[§]

INCLUDES A 60-MONTH LIMITED WARRANTY[¶]!!

HWY: 8.3L/100 KM
CITY: 11.3L/100 KM*



Limited model shown*

HWY: 9.8L/100 KM
CITY: 12.9L/100 KM*



2015 TUCSON GL FWD

LEASE FOR \$119 BI-WEEKLY WITH \$695 DOWN FOR 60 MOS.

THAT'S LIKE PAYING
\$59
WEEKLY

AT
0%[◊]
LEASING FOR
60 MONTHS

INCLUDES
\$750 IN FREE TRADE BONUS[§]

INCLUDES A 60-MONTH LIMITED WARRANTY[¶]!!

2015 ELANTRA
4DR L MANUAL

ALL-IN CASH PURCHASE PRICE:
\$10,864[‡]

INCLUDES
\$5,135 IN FREE TRADE PRICE
REDUCTION AND FREE
TRADE BONUS[§]

INCLUDES A 60-MONTH LIMITED WARRANTY[¶]!!



Limited model shown*

HWY: 9.8L/100 KM
CITY: 12.9L/100 KM*



2015 SANTA FE
SPORT 2.4L FWD

ALL-IN CASH PURCHASE PRICE:
\$23,064[‡]

INCLUDES
\$3,835 IN FREE TRADE BONUS[§]

INCLUDES A 60-MONTH LIMITED WARRANTY[¶]!!

Visit HyundaiCanada.com for details on our entire line-up!

Dealers may charge additional fees for administration of up to \$499. Charges may vary by Dealer.

**5 YEAR
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty^{††}
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty



HYUNDAI
HyundaiCanada.com

NEW THINKING.
NEW POSSIBILITIES.[™]

^aTM The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. [‡]Cash price of \$9,364/\$10,864/\$23,064 available on all new 2015 Accent 4-Door L Manual/Elantra Sedan L Manual/Santa Fe Sport 2.4L FWD models and includes price reductions of \$300/\$600/\$0. Prices include fees, levies and all applicable charges (excluding GST/PST). Prices exclude Delivery and Destination charges of \$1,595/\$1,595/\$1,795, registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. [◊]Leasing offer available O.A.C. from Hyundai Financial Services based on a new 2015 Tucson GL FWD with an annual lease rate of 0%. Bi-weekly lease payment of \$119 for a 60-month walk-away lease. Down Payment of \$695 and first monthly payment required. Total lease obligation is \$16,165. Lease offer includes Delivery and Destination of \$1,760, levies, and all applicable charges (excluding GST/PST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. [§]\$0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of \$0.12/km on all models except Genesis Sedan and Equus where additional charge is \$0.25/km. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. [¶]Free trade bonuses are calculated against the vehicle's starting price. Free trade bonus of up to \$3,885/\$4,535/\$750/\$3,835 available on all new 2015 Accent 4-Door L Manual/Elantra L Manual/Tucson GL FWD/Santa Fe Sport 2.4L FWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ^{††}Prices of models shown: 2015 Accent GLS Auto/Elantra Limited/Tucson Limited AWD/Santa Fe Sport Limited AWD are \$20,930/\$26,930/\$35,895/41,580. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,795. Levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. [†]Fuel consumption for new 2015 Accent GLS (HWY 8.9L/100KM; City 6.3L/100KM); 2015 Elantra Limited (HWY 6.7L/100KM; City 9.7L/100KM); 2015 Tucson Limited AWD (HWY 8.3L/100KM; City 11.3L/100KM); 2015 Santa Fe Sport Limited AWD (HWY 9.8L/100KM; City 12.9L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ^ΔThe Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality StudySM (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. ^{††}Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit [www.hyundaiCanada.com](http://HyundaiCanada.com) or see dealer for complete details. [†]Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.